



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

SV Emsetal

Total time: 1:22:05

Number: 451

Speed: 21.20 km/h

Running performance: 2:47 min/km

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 2 (of 64)

Best time in course: 1:20:46

Category:

Rank in category: 2(of 31)

Staffel Cross

Best time in the category: 1:20:46

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total
Schwimmen	0.40	7:08	17:49	3	1:03	6	1:03	0.40	7:08	17:49	32		39	0:49
Rad	23.00	49:11	2:08	3	3:01	3	3:01	23.40	56:19	2:24	32		65	
Lauf	6.00	25:46	4:17	3	1:03	7	4:02	29.40	1:22:05	2:47	2	1:19	2	1:19