



9. Cross Triathlon Friedrichroda
 99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

slow-motion-feet aus Zwickau

Total time: 1:34:16

Number: 404

Speed: 18.46 km/h

Running performance: 3:13 min/km

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 19 (of 64)

Best time in course: 1:20:46

Category:

Rank in category: 10(of 31)

Staffel Cross

Best time in the category: 1:20:46

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	
Schwimmen	0.40	8:06	20:14	8	2:01	17	2:01	0.40	8:06	20:14	1	-	65	1:47	
Rad	23.00	53:32	2:19	5	7:22	8	7:22	23.40	1:01:38	2:38	32		65		
Lauf	6.00	32:38	5:26	23	7:55	40	10:54	29.40	1:34:16	3:12	10	13:30	19	13:30	