



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Tik Trik und Trixi aus Leipzig

Total time: 1:33:00

Number: 415

Speed: 18.97 km/h

Running performance: 3:10 min/km

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 17 (of 64)

Best time in course: 1:20:46

Category:

Rank in category: 8(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	6:45	16:52	2	0:40	4	0:40	0.40	6:45	16:52	32		65	0:26
Rad	23.00	57:57	2:31	9	11:47	18	11:47	23.40	1:04:42	2:45	32		60	
Lauf	6.00	28:18	4:43	11	3:35	17	6:34	29.40	1:33:00	3:09	8	12:14	17	12:14