



9. Cross Triathlon Friedrichroda  
 99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Contitech Waltershausen

Total time: 1:32:14

Number: 419

Speed: 18.87 km/h

Running performance: 3:08 min/km

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 16 (of 64)

Best time in course: 1:20:46

Category:

Rank in category: 7(of 20)

Staffel Cross - Firmenstaffel

Best time in the category: 1:24:30

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	8:01	20:02	6	1:42	16	1:56	0.40	8:01	20:02	21		65	1:42
Rad	23.00	54:39	2:22	3	3:07	10	8:29	23.40	1:02:40	2:40	21		65	
Lauf	6.00	29:34	4:55	9	7:50	26	7:50	29.40	1:32:14	3:08	7	7:44	16	11:28