



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

LOK Emsetal

Total time: 1:30:38

Number: 435

Speed: 19.46 km/h

Running performance: 3:05 min/km

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 12 (of 64)

Best time in course: 1:20:46

Category:

Rank in category: 6(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	8:17	20:42	10	2:12	24	2:12	0.40	8:17	20:42	32	0:11	65	1:58
Rad	23.00	55:37	2:25	8	9:27	14	9:27	23.40	1:03:54	2:43	32		65	
Lauf	6.00	26:44	4:27	6	2:01	11	5:00	29.40	1:30:38	3:04	6	9:52	12	9:52