



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Team Zweiradhaus Schelter Ohrdruf Total time: 1:26:43

Number: 461

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Category:

Staffel Cross

Speed: 20.07 km/h

Running performance: 2:57 min/km

Rank in course: 5 (of 64)

Best time in course: 1:20:46

Rank in category: 4(of 31)

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.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Schwimmen	0.40	7:50	19:34	6	1:45	14	1:45	0.40	7:50	19:34	32		65	1:31
Rad	23.00	54:10	2:21	6	8:00	9	8:00	23.40	1:02:00	2:38	32		65	
Lauf	6.00	24:43	4:07	1	-	4	2:59	29.40	1:26:43	2:56	4	5:57	5	5:57