



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

1, 3 - wir sind dabei ! aus Mechterstädt **Total time: 1:40:59**

Number: 2

Speed: 17.23 km/h
Running performance: 3:26 min/km

Course: 29.40 km
Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 28 (of 64)
Best time in course: 1:20:46

Category:
Staffel Cross

Rank in category: 15(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	8:44	21:49	17	2:39	32	2:39	0.40	8:44	21:49	32	0:38	65	2:25
Rad	23.00	1:00:21	2:37	16	14:11	30	14:11	23.40	1:09:05	2:57	32		65	
Lauf	6.00	31:54	5:18	21	7:11	36	10:10	29.40	1:40:59	3:26	15	20:13	28	20:13