



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Volle Kanne aus Gotha

Total time: 1:30:30

Number: 446

Speed: 19.23 km/h

Running performance: 3:05 min/km

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 11 (of 64)

Best time in course: 1:20:46

Category:

Rank in category: 4(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	7:06	17:44	3	0:47	5	1:01	0.40	7:06	17:44	21		65	0:47
Rad	23.00	54:40	2:22	4	3:08	11	8:30	23.40	1:01:46	2:38	21		65	
Lauf	6.00	28:44	4:47	5	7:00	20	7:00	29.40	1:30:30	3:04	4	6:00	11	9:44