



9. Cross Triathlon Friedrichroda
 99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Marineclub Gotha

Total time: 1:33:49

Number: 434

Speed: 18.55 km/h

Running performance: 3:11 min/km

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 18 (of 64)

Best time in course: 1:20:46

Category:

Rank in category: 9(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	6:05	15:12	1	-	1	-	0.40	6:05	15:12	32			65
Rad	23.00	1:01:37	2:40	18	15:27	32	15:27	23.40	1:07:42	2:53	32			65
Lauf	6.00	26:07	4:21	5	1:24	9	4:23	29.40	1:33:49	3:11	9	13:03	18	13:03