



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Bestes Team wo gibt - aus Hettstedt Total time: 1:31:33

Number: 454

Speed: 19.01 km/h

Running performance: 3:07 min/km

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 14 (of 64)

Best time in course: 1:20:46

Category:

Rank in category: 5(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	7:23	18:27	5	1:04	11	1:18	0.40	7:23	18:27	21		65	1:04
Rad	23.00	54:54	2:23	5	3:22	12	8:44	23.40	1:02:17	2:39	21		65	
Lauf	6.00	29:16	4:52	7	7:32	23	7:32	29.40	1:31:33	3:06	5	7:03	14	10:47