



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:
Staffel Cross - Firmenstaffel

Rank in category: 5(of 20)
Best time in the category: 1:24:30

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	7:23	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