



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

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Category:

Staffel Cross - Firmenstaffel

Speed: 19.01 km/h

Running performance: 3:07 min/km

Rank in course: 14 (of 64)

Best time in course: 1:20:46

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 |