



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Stadtwerke-Gotha-Team

Total time: 1:43:38

Number: 407

Speed: 16.79 km/h

Running performance: 3:31 min/km

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 36 (of 64)

Best time in course: 1:20:46

Category:

Rank in category: 11(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 | 8:54 | 22:15 | 13 | 2:35 | 36 | 2:49 | 0.40 | 8:54 | 22:15 | 21 | | 65 | 2:35 |
| Rad | 23.00 | 1:02:32 | 2:43 | 9 | 11:00 | 34 | 16:22 | 23.40 | 1:11:26 | 3:03 | 21 | 3:16 | 65 | |
| Lauf | 6.00 | 32:12 | 5:22 | 12 | 10:28 | 37 | 10:28 | 29.40 | 1:43:38 | 3:31 | 11 | 19:08 | 36 | 22:52 |