



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