



9. Cross Triathlon Friedrichroda  
 99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Die verrückten Drei aus Schwarzhausen Total time: 1:42:53

Number: 412

Speed: 16.91 km/h  
 Running performance: 3:30 min/km

Course: 29.40 km  
 Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 33 (of 64)  
 Best time in course: 1:20:46

Category:  
 Staffel Cross

Rank in category: 20(of 31)  
 Best time in the category: 1:20:46

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	10:10	25:24	29	4:05	57	4:05	0.40	10:10	25:24	32	2:04	65	3:51
Rad	23.00	1:00:05	2:36	15	13:55	29	13:55	23.40	1:10:15	3:00	32	0:55	65	
Lauf	6.00	32:38	5:26	23	7:55	40	10:54	29.40	1:42:53	3:29	20	22:07	33	22:07