



9. Cross Triathlon Friedrichroda  
 99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

IRON O.S.T. SCB-Schmitz Cargobull Götha Total time: 1:45:43

Number: 402

Speed: 16.69 km/h  
 Running performance: 3:36 min/km

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

Rank in course: 42 (of 64)  
 Best time in course: 1:20:46

Category:  
 Staffel Cross - Firmenstaffel

Rank in category: 12(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	8:12	20:29	10	1:53	22	2:07	0.40	8:12	20:29	21		65	1:53
Rad	23.00	1:02:58	2:44	10	11:26	35	16:48	23.40	1:11:10	3:02	21	3:00	65	
Lauf	6.00	34:33	5:45	15	12:49	47	12:49	29.40	1:45:43	3:35	12	21:13	42	24:57