



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Team Q Reinsdorf

Total time: 1:27:03

Number: 463

Speed: 20.26 km/h

Running performance: 2:58 min/km

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 7 (of 64)

Best time in course: 1:20:46

Category:

Rank in category: 5(of 31)

Staffel Cross

Best time in the category: 1:20:46

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 | 7:08 | 17:49 | 3 | 1:03 | 6 | 1:03 | 0.40 | 7:08 | 17:49 | 32 | | 39 | 0:49 |
| Rad | 23.00 | 51:33 | 2:14 | 4 | 5:23 | 6 | 5:23 | 23.40 | 58:41 | 2:30 | 32 | | 65 | |
| Lauf | 6.00 | 28:22 | 4:43 | 13 | 3:39 | 19 | 6:38 | 29.40 | 1:27:03 | 2:57 | 5 | 6:17 | 7 | 6:17 |