



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Team Q Reinsdorf

Total time: 1:27:03

Number: 463

Speed: 19.99 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