



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Fliesen-Jendryan aus Gotha

Total time: 1:37:57

Number: 432

Speed: 18.01 km/h

Running performance: 3:20 min/km

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 23 (of 64)

Best time in course: 1:20:46

Category:

Rank in category: 3(of 10)

Staffel Cross - Familienstaffel

Best time in the category: 1:26:54

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	7:21	18:22	1	-	10	1:16	0.40	7:21	18:22	11		65	1:02
Rad	23.00	56:39	2:27	3	5:41	17	10:29	23.40	1:04:00	2:44	11		65	
Lauf	6.00	33:57	5:39	5	9:24	44	12:13	29.40	1:37:57	3:19	3	11:03	23	17:11