



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

HKI Team aus Jena

Total time: 1:37:34

Number: 437

Speed: 17.83 km/h

Running performance: 3:19 min/km

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 22 (of 64)

Best time in course: 1:20:46

Category:

Rank in category: 8(of 20)

Staffel Cross - Firmenstaffel

Best time in the category: 1:24:30

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	9:53	24:42	16	3:34	53	3:48	0.40	9:53	24:42	1	-	65	3:34
Rad	23.00	58:17	2:32	7	6:45	20	12:07	23.40	1:08:10	2:54	1	-	65	
Lauf	6.00	29:24	4:53	8	7:40	24	7:40	29.40	1:37:34	3:19	8	13:04	22	16:48