



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Partyservice Express Urban aus Gotha Total time: 1:57:23

Number: 450

Speed: 14.82 km/h  
Running performance: 3:59 min/km

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 54 (of 64)  
Best time in course: 1:20:46

Category:

Staffel Cross - Familienstaffel

Rank in category: 9(of 10)  
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	9:27	23:37	7	2:06	48	3:22	0.40	9:27	23:37	1	-	65	3:08
Rad	23.00	1:09:51	3:02	9	18:53	52	23:41	23.40	1:19:18	3:23	1	-	65	6:59
Lauf	6.00	38:05	6:20	10	13:32	60	16:21	29.40	1:57:23	3:59	9	30:29	54	36:37