



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:

Rank in category: 9(of 10)

Staffel Cross - Familienstaffel

Best time in the category: 1:26:54

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	9:27	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