



9. Cross Triathlon Friedrichroda  
 99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Basiskonfiguration -Old Star- aus Gotha Total time: 1:40:32

Number: 426

Speed: 17.31 km/h  
 Running performance: 3:25 min/km

Course: 29.40 km  
 Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 27 (of 64)  
 Best time in course: 1:20:46

Category:  
 Staffel Cross - Firmenstaffel

Rank in category: 9(of 20)  
 Best time in the category: 1:24:30

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	8:07	20:17	7	1:48	19	2:02	0.40	8:07	20:17	21		65	1:48
Rad	23.00	1:03:38	2:46	11	12:06	39	17:28	23.40	1:11:45	3:03	21	3:35	65	
Lauf	6.00	28:47	4:47	6	7:03	21	7:03	29.40	1:40:32	3:25	9	16:02	27	19:46