



9. Cross Triathlon Friedrichroda
 99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Die gemütlichen Zwei aus Seebach und Thale **Total time: 1:41:02**

Number: 425

Speed: 17.46 km/h
 Running performance: 3:26 min/km

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

Rank in course: 29 (of 64)
 Best time in course: 1:20:46

Category:
 Staffel Cross

Rank in category: 16(of 31)
 Best time in the category: 1:20:46

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	8:46	21:55	18	2:41	34	2:41	0.40	8:46	21:55	32	0:40	65	2:27
Rad	23.00	59:35	2:35	14	13:25	27	13:25	23.40	1:08:21	2:55	32		65	
Lauf	6.00	32:41	5:26	25	7:58	42	10:57	29.40	1:41:02	3:26	16	20:16	29	20:16