



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Team Siegemund aus Friedrichroda Total time: 1:39:28
Speed: 17.73 km/h
Number: 436 Running performance: 3:23 min/km
Course: 29.40 km
Staffel-Cross (0.4 / 23.0 / 6.0) Rank in course: 26 (of 64)
Best time in course: 1:20:46
Category: Rank in category: 4(of 10)
Staffel Cross - Familienstaffel 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	9:07	22:47	4	1:46	41	3:02	0.40	9:07	22:47	11		65	2:48
Rad	23.00	58:45	2:33	4	7:47	22	12:35	23.40	1:07:52	2:54	11		65	
Lauf	6.00	31:36	5:15	3	7:03	33	9:52	29.40	1:39:28	3:22	4	12:34	26	18:42