



9. Cross Triathlon Friedrichroda  
 99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Fitness-Oase 2 aus Ohrdruf

Total time: 1:43:35

Number: 422

Speed: 16.80 km/h

Running performance: 3:31 min/km

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 35 (of 64)

Best time in course: 1:20:46

Category:

Rank in category: 10(of 20)

Staffel Cross - Firmenstaffel

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.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Total	Behind Total	Total km	Total Time			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	1:04:19	2:47	13	12:47	42	18:09	23.40	1:12:26	3:05	21	4:16	65	0:07
Lauf	6.00	31:09	5:11	10	9:25	28	9:25	29.40	1:43:35	3:31	10	19:05	35	22:49