



# 9. Cross Triathlon Friedrichroda

99894 Friedrichroda / Thüringen / 11.07.2010

## Detailed evaluation

Triple-Herz aus Thüringen

Number: 406

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Category:

Staffel Cross - Familienstaffel

Total time: 1:48:15

Speed: 16.07 km/h

Running performance: 3:41 min/km

Rank in course: 44 (of 64)

Best time in course: 1:20:46

Rank in category: 8(of 10)

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	9:22	23:25	6	2:01	45	3:17	0.40	9:22	23:25	11		48	3:03
Rad	23.00	1:04:51	2:49	8	13:53	45	18:41	23.40	1:14:13	3:10	11		65	1:54
Lauf	6.00	34:02	5:40	6	9:29	46	12:18	29.40	1:48:15	3:40	8	21:21	44	27:29