



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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind 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