



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Die Sinnsucher

Total time: 1:35:08

Number: 462

Speed: 18.54 km/h

Running performance: 3:14 min/km

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 20 (of 64)

Best time in course: 1:20:46

Category:

Rank in category: 11(of 31)

Staffel Cross

Best time in the category: 1:20:46

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	8:39	21:37	14	2:34	28	2:34	0.40	8:39	21:37	32	0:33	65	2:20
Rad	23.00	58:11	2:31	10	12:01	19	12:01	23.40	1:06:50	2:51	32		65	
Lauf	6.00	28:18	4:43	11	3:35	17	6:34	29.40	1:35:08	3:14	11	14:22	20	14:22