



9. Cross Triathlon Friedrichroda
 99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

JustForFun aus Gotha

Number: 403

Course: 29.40 km
 Staffel-Cross (0.4 / 23.0 / 6.0)

Category:
 Staffel Cross

Total time: 1:50:25

Speed: 15.76 km/h
 Running performance: 3:46 min/km

Rank in course: 47 (of 64)
 Best time in course: 1:20:46

Rank in category: 25(of 31)
 Best time in the category: 1:20:46

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	9:18	23:15	23	3:13	44	3:13	0.40	9:18	23:15	32	1:12	65	2:59
Rad	23.00	1:03:02	2:44	20	16:52	36	16:52	23.40	1:12:20	3:05	32	3:00	65	0:01
Lauf	6.00	38:05	6:20	30	13:22	60	16:21	29.40	1:50:25	3:45	25	29:39	47	29:39