



9. Cross Triathlon Friedrichroda  
 99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

JustForFun aus Gotha

Total time: 1:50:25

Number: 403

Speed: 15.98 km/h

Running performance: 3:46 min/km

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 47 (of 64)

Best time in course: 1:20:46

Category:

Rank in category: 25(of 31)

Staffel Cross

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