



9. Cross Triathlon Friedrichroda  
 99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Fitness-Oase 1 aus Ohrdruf

Total time: 1:46:13

Number: 421

Speed: 16.38 km/h

Running performance: 3:37 min/km

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 43 (of 64)

Best time in course: 1:20:46

Category:

Rank in category: 13(of 20)

Staffel Cross - Firmenstaffel

Best time in the category: 1:24:30

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	7:20	18:19	4	1:01	9	1:15	0.40	7:20	18:19	21		65	1:01
Rad	23.00	1:03:52	2:46	12	12:20	41	17:42	23.40	1:11:12	3:02	21	3:02	65	
Lauf	6.00	35:01	5:50	16	13:17	50	13:17	29.40	1:46:13	3:36	13	21:43	43	25:27