



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Rießler-Clan aus Waltershausen

Total time: 1:45:15

Number: 427

Speed: 16.76 km/h

Running performance: 3:35 min/km

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 41 (of 64)

Best time in course: 1:20:46

Category:

Rank in category: 7(of 10)

Staffel Cross - Familienstaffel

Best time in the category: 1:26:54

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	9:35	23:57	8	2:14	51	3:30	0.40	9:35	23:57	11	0:08	65	3:16
Rad	23.00	59:45	2:35	6	8:47	28	13:35	23.40	1:09:20	2:57	11		65	
Lauf	6.00	35:55	5:59	9	11:22	53	14:11	29.40	1:45:15	3:34	7	18:21	41	24:29