



9. Cross Triathlon Friedrichroda  
 99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

team MITEC aus Eisenach

Total time: 1:50:04

Number: 409

Speed: 15.81 km/h

Running performance: 3:44 min/km

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 46 (of 64)

Best time in course: 1:20:46

Category:

Rank in category: 14(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	11:12	27:59	18	4:53	60	5:07	0.40	11:12	27:59	21	1:19	65	4:53
Rad	23.00	1:04:52	2:49	14	13:20	46	18:42	23.40	1:16:04	3:15	21	7:54	18	3:45
Lauf	6.00	34:00	5:40	14	12:16	45	12:16	29.40	1:50:04	3:44	14	25:34	46	29:18