



9. Cross Triathlon Friedrichroda
 99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Marios Gehilfen aus Günthersleben Total time: 1:43:20
 Speed: 16.84 km/h
 Number: 439 Running performance: 3:31 min/km
 Course: 29.40 km
 Staffel-Cross (0.4 / 23.0 / 6.0) Rank in course: 34 (of 64)
 Best time in course: 1:20:46
 Category: Rank in category: 21(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.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Schwimmen	0.40	8:34	21:24	12	2:29	26	2:29	0.40	8:34	21:24	32	0:28	65	2:15
Rad	23.00	58:42	2:33	11	12:32	21	12:32	23.40	1:07:16	2:52	32		63	
Lauf	6.00	36:04	6:00	27	11:21	54	14:20	29.40	1:43:20	3:30	21	22:34	34	22:34