



9. Cross Triathlon Friedrichroda  
 99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Artic Speed Crew

Total time: 1:38:31

Number: 459

Speed: 17.66 km/h

Running performance: 3:21 min/km

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 24 (of 64)

Best time in course: 1:20:46

Category:

Rank in category: 13(of 31)

Staffel Cross

Best time in the category: 1:20:46

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	9:30	23:45	25	3:25	50	3:25	0.40	9:30	23:45	32	1:24	65	3:11
Rad	23.00	59:29	2:35	13	13:19	26	13:19	23.40	1:08:59	2:56	32		65	
Lauf	6.00	29:32	4:55	15	4:49	25	7:48	29.40	1:38:31	3:21	13	17:45	24	17:45