



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Die flotten Drei aus Friedrichroda

Total time: 1:41:30

Number: 452

Speed: 17.14 km/h

Running performance: 3:27 min/km

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 30 (of 64)

Best time in course: 1:20:46

Category:

Rank in category: 17(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	7:48	19:30	5	1:43	13	1:43	0.40	7:48	19:30	32		65	1:29
Rad	23.00	1:03:39	2:46	22	17:29	40	17:29	23.40	1:11:27	3:03	32	2:07	65	
Lauf	6.00	30:03	5:00	16	5:20	27	8:19	29.40	1:41:30	3:27	17	20:44	30	20:44