



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

TAVITAS I aus Tabarz

Total time: 1:52:13

Number: 411

Speed: 15.51 km/h

Running performance: 3:49 min/km

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 51 (of 64)

Best time in course: 1:20:46

Category:

Rank in category: 2(of 3)

Staffel Cross - Frauenstaffel

Best time in the category: 1:51:54

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	9:23	23:27	2	2:07	46	3:18	0.40	9:23	23:27	1	-	65	3:04
Rad	23.00	1:06:37	2:53	1	-	50	20:27	23.40	1:16:00	3:14	1	-	65	3:41
Lauf	6.00	36:13	6:02	3	1:33	55	14:29	29.40	1:52:13	3:49	2	0:19	51	31:27