



9. Cross Triathlon Friedrichroda
 99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

nützt doch nüscht - muss doch gemacht werden
 Total time: 1:44:07

Number: 445

Speed: 16.71 km/h
 Running performance: 3:32 min/km

Course: 29.40 km
 Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 38 (of 64)
 Best time in course: 1:20:46

Category:
 Staffel Cross - Familienstaffel

Rank in category: 5(of 10)
 Best time in the category: 1:26:54

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	8:45	21:52	3	1:24	33	2:40	0.40	8:45	21:52	11		65	2:26
Rad	23.00	1:03:31	2:45	7	12:33	37	17:21	23.40	1:12:16	3:05	11		65	
Lauf	6.00	31:51	5:18	4	7:18	35	10:07	29.40	1:44:07	3:32	5	17:13	38	23:21