



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

RaceEnten LaLuLi aus Friedrichroda Total time: 1:51:54
 Number: 414 Speed: 15.55 km/h
 Course: 29.40 km Running performance: 3:49 min/km
 Staffel-Cross (0.4 / 23.0 / 6.0) Rank in course: 50 (of 64)
 Category: Best time in course: 1:20:46
 Staffel Cross - Frauenstaffel Rank in category: 1(of 3)
 Best time in the category: 1:51:54

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	7:16	18:09	1	-	8	1:11	0.40	7:16	18:09	4	-	53	0:57
Rad	23.00	1:08:58	2:59	2	2:21	51	22:48	23.40	1:16:14	3:15	4	0:14	65	3:55
Lauf	6.00	35:40	5:56	2	1:00	52	13:56	29.40	1:51:54	3:48	1	-	50	31:08