9. Cross Triathlon Friedrichroda

99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

mehr Spaß zu dritt aus Herrenhof

Total time: 1:43:48

Speed: 16.76 km/h

Running performance: 3:32 min/km

Number: 449

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 37 (of 64)

Best time in course: 1:20:46

Category:

Staffel Cross

Rank in category: 22(of 31)

Best time in the category: 1:20:46

Intermediate times

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
	Stage score							Total ranking						
Schwimmen	0.40	7:54	19:45	7	1:49	15	1:49	0.40	7:54	19:45	32		65	1:35
Rad	23.00	1:04:25	2:48	23	18:15	43	18:15	23.40	1:12:19	3:05	32	2:59	1	-
Lauf	6.00	31:29	5:14	18	6:46	31	9:45	29.40	1:43:48	3:31	22	23:02	37	23:02