



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

mehr Spaß zu dritt aus Herrenhof

Total time: 1:43:48

Number: 449

Speed: 16.76 km/h

Running performance: 3:32 min/km

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:

Rank in category: 22(of 31)

Staffel Cross

Best time in the category: 1:20:46

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 | 7:54 | 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 |