



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

3-Halbe-Liter

Total time: 1:42:29

Number: 458

Speed: 16.98 km/h

Running performance: 3:29 min/km

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 32 (of 64)

Best time in course: 1:20:46

Category:

Rank in category: 19(of 31)

Staffel Cross

Best time in the category: 1:20:46

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	10:00	25:00	27	3:55	55	3:55	0.40	10:00	25:00	32	1:54	65	3:41
Rad	23.00	1:03:31	2:45	21	17:21	37	17:21	23.40	1:13:31	3:08	32	4:11	65	1:12
Lauf	6.00	28:58	4:49	14	4:15	22	7:14	29.40	1:42:29	3:29	19	21:43	32	21:43