



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Team Grafe Männer aus Blankenhain Total time: 1:50:32

Number: 429

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Category:

Staffel Cross - Firmenstaffel

Speed: 15.74 km/h

Running performance: 3:46 min/km

Rank in course: 48 (of 64)

Best time in course: 1:20:46

Rank in category: 15(of 20)

Best time in the category: 1:24:30

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Total	Behind Total
								km	Time	min/km	Pos	Behind	Pos				
Schwimmen	0.40	6:19	15:47	1	-	2	0:14	0.40	6:19	15:47	21		1	-			
Rad	23.00	1:06:00	2:52	15	14:28	47	19:50	23.40	1:12:19	3:05	21	4:09	1	-			
Lauf	6.00	38:13	6:22	19	16:29	62	16:29	29.40	1:50:32	3:45	15	26:02	48	29:46			