



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

WSV Spitzensalat Ilmenau

Total time: 1:20:46

Number: 417

Speed: 21.54 km/h

Running performance: 2:45 min/km

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 1 (of 64)

Best time in course: 1:20:46

Category:

Rank in category: 1(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	8:36	21:29	13	2:31	27	2:31	0.40	8:36	21:29	32	0:30	65	2:17
Rad	23.00	46:10	2:00	1	-	1	-	23.40	54:46	2:20	32	-	65	-
Lauf	6.00	26:00	4:19	4	1:17	8	4:16	29.40	1:20:46	2:44	1	-	1	-