



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

mitmachen ist alles aus Ruhla

Number: 453

Course: 29.40 km
Staffel-Cross (0.4 / 23.0 / 6.0)

Category:
Staffel Cross - Familienstaffel

Total time: 1:44:42

Speed: 16.85 km/h
Running performance: 3:34 min/km

Rank in course: 39 (of 64)
Best time in course: 1:20:46

Rank in category: 6(of 10)
Best time in the category: 1:26:54

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	11:09	27:52	10	3:48	59	5:04	0.40	11:09	27:52	11	1:42	65	4:50
Rad	23.00	58:58	2:33	5	8:00	23	12:48	23.40	1:10:07	2:59	11		61	
Lauf	6.00	34:35	5:45	7	10:02	48	12:51	29.40	1:44:42	3:33	6	17:48	39	23:56