



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Team Sisila aus Froda/Altenbergen	Total time: 1:53:04
Number: 456	Speed: 15.39 km/h
Course: 29.40 km	Running performance: 3:51 min/km
Staffel-Cross (0.4 / 23.0 / 6.0)	Rank in course: 52 (of 64)
Category:	Best time in course: 1:20:46
Staffel Cross	Rank in category: 26(of 31)
	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	9:01	22:32	20	2:56	38	2:56	0.40	9:01	22:32	32	0:55	65	2:42
Rad	23.00	1:12:22	3:08	28	26:12	55	26:12	23.40	1:21:23	3:28	32	12:03	65	9:04
Lauf	6.00	31:41	5:16	20	6:58	34	9:57	29.40	1:53:04	3:50	26	32:18	52	32:18