



9. Cross Triathlon Friedrichroda
 99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

FiWaTü

Total time: 1:53:46

Number: 457

Speed: 15.51 km/h

Running performance: 3:52 min/km

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 53 (of 64)

Best time in course: 1:20:46

Category:

Rank in category: 27(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.	Stage score		Total ranking							
						Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	
Schwimmen	0.40	13:37	34:02	31	7:32	64	7:32	0.40	13:37	34:02	32	5:31	65	7:18	
Rad	23.00	1:11:57	3:07	27	25:47	54	25:47	23.40	1:25:34	3:39	32	16:14	65	13:15	
Lauf	6.00	28:12	4:42	10	3:29	16	6:28	29.40	1:53:46	3:52	27	33:00	53	33:00	