



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

AndMaFe aus Lutherstadt Eisleben Total time: 2:01:58
 Speed: 14.46 km/h
 Number: 431 Running performance: 4:09 min/km
 Course: 29.40 km
 Staffel-Cross (0.4 / 23.0 / 6.0) Rank in course: 55 (of 64)
 Best time in course: 1:20:46
 Category: Rank in category: 10(of 10)
 Staffel Cross - Familienstaffel 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	9:56	24:49	9	2:35	54	3:51	0.40	9:56	24:49	11	0:29	65	3:37
Rad	23.00	1:16:43	3:20	10	25:45	56	30:33	23.40	1:26:39	3:42	11	7:21	65	14:20
Lauf	6.00	35:19	5:53	8	10:46	51	13:35	29.40	2:01:58	4:08	10	35:04	55	41:12