



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

AndMaFe aus Lutherstadt Eisleben

Total time: 2:01:58

Number: 431

Speed: 14.27 km/h

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	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	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