



9. Cross Triathlon Friedrichroda  
 99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Team ibah aus Gotha

Total time: 2:08:29

Number: 405

Speed: 13.54 km/h

Running performance: 4:22 min/km

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 60 (of 64)

Best time in course: 1:20:46

Category:

Rank in category: 17(of 20)

Staffel Cross - Firmenstaffel

Best time in the category: 1:24:30

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	12:08	30:19	20	5:49	62	6:03	0.40	12:08	30:19	21	2:15	65	5:49
Rad	23.00	1:19:14	3:26	17	27:42	58	33:04	23.40	1:31:22	3:54	21	23:12	65	19:03
Lauf	6.00	37:07	6:11	18	15:23	58	15:23	29.40	2:08:29	4:22	17	43:59	60	47:43