



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Emsetal Vital

Total time: 2:02:34

Number: 442

Speed: 14.39 km/h

Running performance: 4:10 min/km

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 57 (of 64)

Best time in course: 1:20:46

Category:

Rank in category: 3(of 3)

Staffel Cross - Frauenstaffel

Best time in the category: 1:51:54

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	9:25	23:32	3	2:09	47	3:20	0.40	9:25	23:32	4	0:02	65	3:06
Rad	23.00	1:18:29	3:24	3	11:52	57	32:19	23.40	1:27:54	3:45	4	11:54	65	15:35
Lauf	6.00	34:40	5:46	1	-	49	12:56	29.40	2:02:34	4:10	3	10:40	57	41:48