



9. Cross Triathlon Friedrichroda  
 99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

The Old Stars aus Gotha

Total time: 2:05:08

Number: 433

Speed: 13.91 km/h

Running performance: 4:16 min/km

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 58 (of 64)

Best time in course: 1:20:46

Category:

Rank in category: 29(of 31)

Staffel Cross

Best time in the category: 1:20:46

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	12:54	32:15	30	6:49	63	6:49	0.40	12:54	32:15	32	4:48	65	6:35
Rad	23.00	1:06:33	2:53	26	20:23	49	20:23	23.40	1:19:27	3:23	32	10:07	65	7:08
Lauf	6.00	45:41	7:36	31	20:58	63	23:57	29.40	2:05:08	4:15	29	44:22	58	44:22