



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Die Eisbären aus Friedrichroda

Total time: 2:06:03

Number: 443

Speed: 13.80 km/h

Running performance: 4:17 min/km

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 59 (of 64)

Best time in course: 1:20:46

Category:

Rank in category: 30(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 | 10:04 | 25:09 | 28 | 3:59 | 56 | 3:59 | 0.40 | 10:04 | 25:09 | 32 | 1:58 | 65 | 3:45 |
| Rad | 23.00 | 1:24:30 | 3:40 | 31 | 38:20 | 61 | 38:20 | 23.40 | 1:34:34 | 4:02 | 32 | 25:14 | 65 | 22:15 |
| Lauf | 6.00 | 31:29 | 5:14 | 18 | 6:46 | 31 | 9:45 | 29.40 | 2:06:03 | 4:17 | 30 | 45:17 | 59 | 45:17 |