



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Die kalten Waden

Total time: 2:02:04

Number: 460

Speed: 14.25 km/h

Running performance: 4:09 min/km

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 56 (of 64)

Best time in course: 1:20:46

Category:

Rank in category: 28(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	9:12	22:59	22	3:07	42	3:07	0.40	9:12	22:59	32	1:06	65	2:53
Rad	23.00	1:20:20	3:29	29	34:10	59	34:10	23.40	1:29:32	3:49	32	20:12	65	17:13
Lauf	6.00	32:32	5:25	22	7:49	39	10:48	29.40	2:02:04	4:09	28	41:18	56	41:18