



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  |