



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Ahorn Berghotel Friedrichroda

Total time: 2:13:00

Number: 418

Speed: 13.08 km/h

Running performance: 4:31 min/km

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 63 (of 64)

Best time in course: 1:20:46

Category:

Rank in category: 19(of 20)

Staffel Cross - Firmenstaffel

Best time in the category: 1:24:30

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	11:19	28:17	19	5:00	61	5:14	0.40	11:19	28:17	21	1:26	65	5:00
Rad	23.00	1:34:22	4:06	19	42:50	63	48:12	23.40	1:45:41	4:30	21	37:31	65	33:22
Lauf	6.00	27:19	4:33	4	5:35	13	5:35	29.40	2:13:00	4:31	19	48:30	63	52:14