



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Rennsteigtrio aus Waltershausen/Frodala Total time: 2:09:19

Number: 448

Speed: 13.46 km/h  
Running performance: 4:24 min/km

Course: 29.40 km  
Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 61 (of 64)  
Best time in course: 1:20:46

Category:  
Staffel Cross

Rank in category: 31(of 31)  
Best time in the category: 1:20:46

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Schwimmen	0.40	8:22	20:55	11	2:17	25	2:17	0.40	8:22	20:55	32	0:16	65	2:03
Rad	23.00	1:22:56	3:36	30	36:46	60	36:46	23.40	1:31:18	3:54	32	21:58	65	18:59
Lauf	6.00	38:01	6:20	29	13:18	59	16:17	29.40	2:09:19	4:23	31	48:33	61	48:33