



9. Cross Triathlon Friedrichroda  
 99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Team Grafe Frauen aus Blankenhain Total time: 2:33:06

Number: 430

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Category:

Staffel Cross - Firmenstaffel

Speed: 11.37 km/h

Running performance: 5:13 min/km

Rank in course: 64 (of 64)

Best time in course: 1:20:46

Rank in category: 20(of 20)

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	9:02	22:34	15	2:43	39	2:57	0.40	9:02	22:34	21		65	2:43
Rad	23.00	1:36:31	4:11	20	44:59	64	50:21	23.40	1:45:33	4:30	21	37:23	65	33:14
Lauf	6.00	47:33	7:55	20	25:49	64	25:49	29.40	2:33:06	5:12	20	1:08:36	64	1:12:20