



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

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Total time: 1:24:30

Number: 424

Speed: 20.59 km/h

Running performance: 2:52 min/km

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 4 (of 64)

Best time in course: 1:20:46

Category:

Rank in category: 1(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	8:43	21:47	12	2:24	30	2:38	0.40	8:43	21:47	21	-	65	2:24
Rad	23.00	51:47	2:15	2	0:15	7	5:37	23.40	1:00:30	2:35	21	-	65	-
Lauf	6.00	24:00	4:00	2	2:16	2	2:16	29.40	1:24:30	2:52	1	-	4	3:44