



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Team Jürgen Reinholz

Total time: 1:29:14

Number: 410

Speed: 19.77 km/h

Running performance: 3:02 min/km

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 10 (of 64)

Best time in course: 1:20:46

Category:

Rank in category: 3(of 20)

Staffel Cross - Firmenstaffel

Best time in the category: 1:24:30

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	
Schwimmen	0.40	8:10	20:24	9	1:51	21	2:05	0.40	8:10	20:24	21			65	1:51
Rad	23.00	59:20	2:34	8	7:48	25	13:10	23.40	1:07:30	2:53	21			65	
Lauf	6.00	21:44	3:37	1	-	1	-	29.40	1:29:14	3:02	3	4:44		10	8:28