



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Die Pantoffelhelden aus Gotha

Total time: 1:31:12

Number: 408

Speed: 19.08 km/h

Running performance: 3:06 min/km

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 13 (of 64)

Best time in course: 1:20:46

Category:

Rank in category: 7(of 31)

Staffel Cross

Best time in the category: 1:20:46

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	16	2:38	30	2:38	0.40	8:43	21:47	32	0:37	65	2:24
Rad	23.00	54:58	2:23	7	8:48	13	8:48	23.40	1:03:41	2:43	32		65	
Lauf	6.00	27:31	4:35	8	2:48	14	5:47	29.40	1:31:12	3:06	7	10:26	13	10:26