



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Medletik Laufteam

Total time: 1:35:52

Number: 52

Speed: 18.15 km/h

Running performance: 3:16 min/km

Course: 29.40 km

Staffel-Cross Triathlon (0,4/23/6 km)

Rank in course: 15 (of 48)

Best time in course: 1:19:11

Category:

Rank in category: 4(of 7)

Staffel Cross - Familienstaffel

Best time in the category: 1:30:13

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Stage score			Total ranking			
								Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Schwimmen	0.40	7:10	17:55	1	-	3	0:15	0.40	7:10	17:55	8			49
Rad	23.00	57:10	2:29	3	4:57	12	11:07	23.40	1:04:20	2:44	8			49
Lauf	6.00	31:32	5:15	7	7:02	27	8:29	29.40	1:35:52	3:15	4	5:39	15	16:41