



10. Cross Triathlon Friedrichroda  
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Bestes Team wo gibt

Total time: 1:31:09

Number: 74

Speed: 19.09 km/h

Running performance: 3:06 min/km

Course: 29.40 km

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

Rank in course: 5 (of 48)

Best time in course: 1:19:11

Category:

Rank in category: 2(of 15)

Staffel Cross - Firmenstaffel

Best time in the category: 1:24:59

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	7:47	19:27	1	-	8	0:52	0.40	7:47	19:27	16			49
Rad	23.00	55:07	2:23	5	6:26	9	9:04	23.40	1:02:54	2:41	16			49
Lauf	6.00	28:15	4:42	5	0:27	13	5:12	29.40	1:31:09	3:06	2	6:10	5	11:58