



10. Cross Triathlon Friedrichroda
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Fa Bonsack aus Seebergen

Total time: 1:31:43

Number: 72

Speed: 18.97 km/h

Running performance: 3:07 min/km

Course: 29.40 km

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

Rank in course: 6 (of 48)

Best time in course: 1:19:11

Category:

Rank in category: 3(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	9:51	24:37	9	2:04	31	2:56	0.40	9:51	24:37	16		44	1:48
Rad	23.00	49:05	2:08	2	0:24	3	3:02	23.40	58:56	2:31	16		49	
Lauf	6.00	32:47	5:27	11	4:59	30	9:44	29.40	1:31:43	3:07	3	6:44	6	12:32