



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Scheinflug

Total time: 1:32:20

Number: 71

Speed: 18.84 km/h

Running performance: 3:08 min/km

Course: 29.40 km

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

Rank in course: 8 (of 48)

Best time in course: 1:19:11

Category:

Rank in category: 2(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.	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	11:24	28:30	7	4:14	44	4:29	0.40	11:24	28:30	8	3:16	49	3:21	
Rad	23.00	52:13	2:16	1	-	6	6:10	23.40	1:03:37	2:43	8		49		
Lauf	6.00	28:43	4:47	4	4:13	16	5:40	29.40	1:32:20	3:08	2	2:07	8	13:09	