



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Die Krauthäuser

Total time: 1:38:45

Number: 50

Speed: 17.86 km/h

Running performance: 3:22 min/km

Course: 29.40 km

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

Rank in course: 17 (of 48)

Best time in course: 1:19:11

Category:

Rank in category: 6(of 20)

Staffel Cross

Best time in the category: 1:19:11

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	7:36	18:59	3	0:41	6	0:41	0.40	7:36	18:59	21			49
Rad	23.00	1:02:55	2:44	9	16:52	26	16:52	23.40	1:10:31	3:00	21			49
Lauf	6.00	28:14	4:42	5	5:11	12	5:11	29.40	1:38:45	3:21	6	19:34	17	19:34