



10. Cross Triathlon Friedrichroda  
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

AHORN Berghotel Friedrichroda

Total time: 1:34:51

Number: 65

Speed: 18.34 km/h

Running performance: 3:14 min/km

Course: 29.40 km

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

Rank in course: 13 (of 48)

Best time in course: 1:19:11

Category:

Rank in category: 5(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	11:51	29:37	14	4:04	45	4:56	0.40	11:51	29:37	16	1:40	30	3:48
Rad	23.00	54:58	2:23	4	6:17	8	8:55	23.40	1:06:49	2:51	16		49	
Lauf	6.00	28:02	4:40	3	0:14	10	4:59	29.40	1:34:51	3:13	5	9:52	13	15:40