



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Fliesen -Jendryan Gotha

Total time: 1:37:58

Number: 58

Speed: 17.76 km/h

Running performance: 3:20 min/km

Course: 29.40 km

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

Rank in course: 16 (of 48)

Best time in course: 1:19:11

Category:

Rank in category: 5(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.	Pos Total	Behind Total	Stage score			Total ranking			
								Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Schwimmen	0.40	7:41	19:12	2	0:31	7	0:46	0.40	7:41	19:12	8			49
Rad	23.00	59:01	2:33	4	6:48	16	12:58	23.40	1:06:42	2:51	8			49
Lauf	6.00	31:16	5:12	5	6:46	23	8:13	29.40	1:37:58	3:19	5	7:45	16	18:47