



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Ruhig-ganz-ruhig

Number: 51

Course: 29.40 km

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

Category:

Staffel Cross

Total time: 1:40:43

Speed: 17.28 km/h

Running performance: 3:26 min/km

Rank in course: 22 (of 48)

Best time in course: 1:19:11

Rank in category: 8(of 20)

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	6:55	17:17	1	-	1	-	0.40	6:55	17:17	21			49
Rad	23.00	1:07:40	2:56	11	21:37	29	21:37	23.40	1:14:35	3:11	21	3:37		49
Lauf	6.00	26:08	4:21	4	3:05	5	3:05	29.40	1:40:43	3:25	8	21:32	22	21:32