



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Dynamo Stolperstein

Total time: 1:42:00

Number: 47

Speed: 17.29 km/h

Running performance: 3:28 min/km

Course: 29.40 km

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

Rank in course: 23 (of 48)

Best time in course: 1:19:11

Category:

Rank in category: 7(of 7)

Staffel Cross - Familienstaffel

Best time in the category: 1:30:13

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	8:39	21:37	4	1:29	20	1:44	0.40	8:39	21:37	8	0:31	49	0:36
Rad	23.00	1:01:53	2:41	7	9:40	25	15:50	23.40	1:10:32	3:00	8	1:42	49	
Lauf	6.00	31:28	5:14	6	6:58	26	8:25	29.40	1:42:00	3:28	7	11:47	23	22:49