



10. Cross Triathlon Friedrichroda  
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

WSV Spitzensalat Ilmenau 1

Total time: 1:19:11

Number: 42

Speed: 21.97 km/h

Running performance: 2:41 min/km

Course: 29.40 km

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

Rank in course: 1 (of 48)

Best time in course: 1:19:11

Category:

Rank in category: 1(of 20)

Staffel Cross

Best time in the category: 1:19:11

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Schwimmen	0.40	8:10	20:24	5	1:15	14	1:15	0.40	8:10	20:24	21	-	49	0:07
Rad	23.00	46:03	2:00	1	-	1	-	23.40	54:13	2:19	21	-	49	-
Lauf	6.00	24:58	4:09	2	1:55	3	1:55	29.40	1:19:11	2:41	1	-	1	-