



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

WSV Spitzensalat 2

Number: 88

Course: 29.40 km

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

Category:

Staffel Cross

Total time: 1:33:45

Speed: 18.56 km/h

Running performance: 3:11 min/km

Rank in course: 11 (of 48)

Best time in course: 1:19:11

Rank in category: 4(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	9:29	23:42	12	2:34	27	2:34	0.40	9:29	23:42	21		49	1:26
Rad	23.00	55:14	2:24	3	9:11	10	9:11	23.40	1:04:43	2:45	21		49	
Lauf	6.00	29:02	4:50	7	5:59	17	5:59	29.40	1:33:45	3:11	4	14:34	11	14:34