



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

SeiMalHart

Total time: 1:48:01

Number: 43

Speed: 16.11 km/h

Running performance: 3:40 min/km

Course: 29.40 km

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

Rank in course: 29 (of 48)

Best time in course: 1:19:11

Category:

Rank in category: 11(of 20)

Staffel Cross

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	8:34	21:24	7	1:39	17	1:39	0.40	8:34	21:24	21		49	0:31
Rad	23.00	1:08:32	2:58	13	22:29	32	22:29	23.40	1:17:06	3:17	21	6:08	49	
Lauf	6.00	30:55	5:09	10	7:52	21	7:52	29.40	1:48:01	3:40	11	28:50	29	28:50