



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Delta Athletes

Total time: 1:48:41

Number: 53

Speed: 16.01 km/h

Running performance: 3:42 min/km

Course: 29.40 km

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

Rank in course: 31 (of 48)

Best time in course: 1:19:11

Category:

Rank in category: 12(of 15)

Staffel Cross - Firmenstaffel

Best time in the category: 1:24:59

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	9:51	24:37	9	2:04	31	2:56	0.40	9:51	24:37	16		44	1:48
Rad	23.00	1:10:48	3:04	13	22:07	38	24:45	23.40	1:20:39	3:26	16		49	
Lauf	6.00	28:02	4:40	3	0:14	10	4:59	29.40	1:48:41	3:41	12	23:42	31	29:30