



10. Cross Triathlon Friedrichroda
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Nord-Duo Jansen

Total time: 1:39:34

Number: 86

Speed: 17.48 km/h

Running performance: 3:23 min/km

Course: 29.40 km

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

Rank in course: 21 (of 48)

Best time in course: 1:19:11

Category:

Rank in category: 6(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	11:01	27:32	6	3:51	43	4:06	0.40	11:01	27:32	8	2:53	49	2:58
Rad	23.00	1:00:59	2:39	6	8:46	24	14:56	23.40	1:12:00	3:04	8	3:10	49	
Lauf	6.00	27:34	4:35	3	3:04	7	4:31	29.40	1:39:34	3:23	6	9:21	21	20:23