



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

FFT/MITEC

Total time: 1:48:41

Number: 55

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	8:38	21:34	6	0:51	19	1:43	0.40	8:38	21:34	16		49	0:35
Rad	23.00	1:09:40	3:01	12	20:59	35	23:37	23.40	1:18:18	3:20	16		49	
Lauf	6.00	30:23	5:03	7	2:35	18	7:20	29.40	1:48:41	3:41	12	23:42	31	29:30