



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Basiskonfiguration 'All Stars'

Total time: 1:39:21

Number: 89

Speed: 17.51 km/h

Running performance: 3:23 min/km

Course: 29.40 km

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

Rank in course: 19 (of 48)

Best time in course: 1:19:11

Category:

Rank in category: 8(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	8:52	22:10	7	1:05	22	1:57	0.40	8:52	22:10	16		49	0:49
Rad	23.00	58:54	2:33	9	10:13	15	12:51	23.40	1:07:46	2:53	16		49	
Lauf	6.00	31:35	5:15	9	3:47	28	8:32	29.40	1:39:21	3:22	8	14:22	19	20:10