



10. Cross Triathlon Friedrichroda  
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Lauf-KulTour

Total time: 1:22:14

Number: 64

Speed: 21.16 km/h

Running performance: 2:48 min/km

Course: 29.40 km

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

Rank in course: 2 (of 48)

Best time in course: 1:19:11

Category:

Rank in category: 2(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	7:54	19:45	4	0:59	10	0:59	0.40	7:54	19:45	21			49
Rad	23.00	51:17	2:13	2	5:14	5	5:14	23.40	59:11	2:31	21			49
Lauf	6.00	23:03	3:50	1	-	1	-	29.40	1:22:14	2:47	2	3:03	2	3:03