



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

JustForFun

Total time: 1:52:06

Number: 46

Speed: 15.52 km/h

Running performance: 3:49 min/km

Course: 29.40 km

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

Rank in course: 33 (of 48)

Best time in course: 1:19:11

Category:

Rank in category: 12(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	8:36	21:29	8	1:41	18	1:41	0.40	8:36	21:29	21		49	0:33
Rad	23.00	1:09:34	3:01	14	23:31	34	23:31	23.40	1:18:10	3:20	21	7:12	49	
Lauf	6.00	33:56	5:39	13	10:53	33	10:53	29.40	1:52:06	3:48	12	32:55	33	32:55