



10. Cross Triathlon Friedrichroda  
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Gothaer AMD Team

Total time: 1:47:06

Number: 63

Speed: 16.25 km/h

Running performance: 3:38 min/km

Course: 29.40 km

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

Rank in course: 27 (of 48)

Best time in course: 1:19:11

Category:

Rank in category: 9(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	10:05	25:12	16	3:10	36	3:10	0.40	10:05	25:12	1	-	49	2:02
Rad	23.00	1:00:53	2:38	7	14:50	22	14:50	23.40	1:10:58	3:01	1	-	49	
Lauf	6.00	36:08	6:01	15	13:05	39	13:05	29.40	1:47:06	3:38	9	27:55	27	27:55