



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

K2

Total time: 1:52:55

Number: 48

Speed: 15.41 km/h

Running performance: 3:50 min/km

Course: 29.40 km

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

Rank in course: 37 (of 48)

Best time in course: 1:19:11

Category:

Staffel Cross - Frauenstaffel

Rank in category: 3(of 6)

Best time in the category: 1:48:08

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Total	Behind Total	Total km	Total Time			Pos Total	Behind Total	
Schwimmen	0.40	9:07	22:47	3	2:00	24	2:12	0.40	9:07	22:47	1	-	34	1:04
Rad	23.00	1:08:48	2:59	2	1:01	33	22:45	23.40	1:17:55	3:19	1	-	49	
Lauf	6.00	35:00	5:49	4	2:01	38	11:57	29.40	1:52:55	3:50	3	4:47	37	33:44