



10. Cross Triathlon Friedrichroda  
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Dream Runners

Total time: 1:47:46

Number: 67

Speed: 16.15 km/h

Running performance: 3:40 min/km

Course: 29.40 km

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

Rank in course: 28 (of 48)

Best time in course: 1:19:11

Category:

Rank in category: 10(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	12:50	32:05	20	5:55	48	5:55	0.40	12:50	32:05	21	2:45	49	4:47
Rad	23.00	1:00:58	2:39	8	14:55	23	14:55	23.40	1:13:48	3:09	21	2:50	49	
Lauf	6.00	33:58	5:39	14	10:55	34	10:55	29.40	1:47:46	3:39	10	28:35	28	28:35