



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Pflanzenhof Tonndorf

Total time: 1:46:25

Number: 81

Speed: 16.35 km/h

Running performance: 3:37 min/km

Course: 29.40 km

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

Rank in course: 26 (of 48)

Best time in course: 1:19:11

Category:

Rank in category: 11(of 15)

Staffel Cross - Firmenstaffel

Best time in the category: 1:24:59

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 | 12:47 | 31:57 | 15 | 5:00 | 47 | 5:52 | 0.40 | 12:47 | 31:57 | 16 | 2:36 | 49 | 4:44 |
| Rad | 23.00 | 1:00:34 | 2:38 | 10 | 11:53 | 20 | 14:31 | 23.40 | 1:13:21 | 3:08 | 16 | | 49 | |
| Lauf | 6.00 | 33:04 | 5:30 | 12 | 5:16 | 32 | 10:01 | 29.40 | 1:46:25 | 3:37 | 11 | 21:26 | 26 | 27:14 |