



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Die drei Muskeltiere

Number: 57

Course: 29.40 km

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

Category:

Staffel Cross

Total time: 1:55:21

Speed: 15.08 km/h

Running performance: 3:55 min/km

Rank in course: 39 (of 48)

Best time in course: 1:19:11

Rank in category: 15(of 20)

Best time in the category: 1:19:11

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Schwimmen	0.40	9:44	24:19	14	2:49	30	2:49	0.40	9:44	24:19	21		49	1:41
Rad	23.00	1:14:45	3:15	17	28:42	43	28:42	23.40	1:24:29	3:36	21	13:31	49	3:44
Lauf	6.00	30:52	5:08	9	7:49	20	7:49	29.40	1:55:21	3:55	15	36:10	39	36:10