



10. Cross Triathlon Friedrichroda  
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

INJOY Fitnessclub Staffel

Total time: 1:52:06

Number: 70

Speed: 15.52 km/h

Running performance: 3:49 min/km

Course: 29.40 km

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

Rank in course: 33 (of 48)

Best time in course: 1:19:11

Category:

Rank in category: 14(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	8:03	20:07	4	0:16	12	1:08	0.40	8:03	20:07	16		1	-
Rad	23.00	1:12:42	3:09	15	24:01	41	26:39	23.40	1:20:45	3:27	16		1	-
Lauf	6.00	31:21	5:13	8	3:33	24	8:18	29.40	1:52:06	3:48	14	27:07	33	32:55