



10. Cross Triathlon Friedrichroda
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

The Beginners

Total time: 1:52:50

Number: 77

Speed: 15.42 km/h

Running performance: 3:50 min/km

Course: 29.40 km

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

Rank in course: 36 (of 48)

Best time in course: 1:19:11

Category:

Rank in category: 13(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	11:58	29:54	19	5:03	46	5:03	0.40	11:58	29:54	21	1:53	49	3:55
Rad	23.00	1:10:13	3:03	15	24:10	36	24:10	23.40	1:22:11	3:30	21	11:13	49	1:26
Lauf	6.00	30:39	5:06	8	7:36	19	7:36	29.40	1:52:50	3:50	13	33:39	36	33:39