



10. Cross Triathlon Friedrichroda
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Bodystyle-Sportsfood

Total time: 1:56:19

Number: 75

Speed: 14.96 km/h

Running performance: 3:58 min/km

Course: 29.40 km

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

Rank in course: 40 (of 48)

Best time in course: 1:19:11

Category:

Rank in category: 16(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	9:42	24:14	13	2:47	29	2:47	0.40	9:42	24:14	21		49	1:39
Rad	23.00	1:07:41	2:56	12	21:38	30	21:38	23.40	1:17:23	3:18	21	6:25	49	
Lauf	6.00	38:56	6:29	20	15:53	45	15:53	29.40	1:56:19	3:57	16	37:08	40	37:08