



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Überholverbot

Total time: 2:02:16

Number: 60

Speed: 14.43 km/h

Running performance: 4:10 min/km

Course: 29.40 km

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

Rank in course: 43 (of 48)

Best time in course: 1:19:11

Category:

Rank in category: 18(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 | 9:18 | 23:15 | 11 | 2:23 | 25 | 2:23 | 0.40 | 9:18 | 23:15 | 21 | | 49 | 1:15 |
| Rad | 23.00 | 1:15:21 | 3:16 | 18 | 29:18 | 44 | 29:18 | 23.40 | 1:24:39 | 3:37 | 21 | 13:41 | 49 | 3:54 |
| Lauf | 6.00 | 37:37 | 6:16 | 18 | 14:34 | 43 | 14:34 | 29.40 | 2:02:16 | 4:09 | 18 | 43:05 | 43 | 43:05 |