



10. Cross Triathlon Friedrichroda  
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Überholverbot

Total time: 2:02:16

Number: 60

Speed: 14.23 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