



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Lauf mit :) bleib fit Ernstroda

Total time: 2:00:30

Number: 76

Speed: 14.44 km/h

Running performance: 4:06 min/km

Course: 29.40 km

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

Rank in course: 42 (of 48)

Best time in course: 1:19:11

Category:

Rank in category: 17(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	9:51	24:37	15	2:56	31	2:56	0.40	9:51	24:37	21		44	1:48
Rad	23.00	1:13:21	3:11	16	27:18	42	27:18	23.40	1:23:12	3:33	21	12:14	49	2:27
Lauf	6.00	37:18	6:12	17	14:15	42	14:15	29.40	2:00:30	4:05	17	41:19	42	41:19