



10. Cross Triathlon Friedrichroda  
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Crazy Chicken

Total time: 2:06:34

Number: 62

Speed: 13.75 km/h

Running performance: 4:18 min/km

Course: 29.40 km

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

Rank in course: 46 (of 48)

Best time in course: 1:19:11

Category:

Rank in category: 5(of 6)

Staffel Cross - Frauenstaffel

Best time in the category: 1:48:08

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	10:00	25:00	4	2:53	35	3:05	0.40	10:00	25:00	7	0:53	49	1:57
Rad	23.00	1:22:15	3:34	5	14:28	45	36:12	23.40	1:32:15	3:56	7	14:20	49	11:30
Lauf	6.00	34:19	5:43	2	1:20	35	11:16	29.40	2:06:34	4:18	5	18:26	46	47:23