



10. Cross Triathlon Friedrichroda  
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Költzsch-Jenke

Total time: 2:06:19

Number: 78

Speed: 13.77 km/h

Running performance: 4:18 min/km

Course: 29.40 km

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

Rank in course: 45 (of 48)

Best time in course: 1:19:11

Category:

Rank in category: 19(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	10:51	27:07	18	3:56	42	3:56	0.40	10:51	27:07	21	0:46	49	2:48
Rad	23.00	1:24:24	3:40	19	38:21	47	38:21	23.40	1:35:15	4:04	21	24:17	49	14:30
Lauf	6.00	31:04	5:10	11	8:01	22	8:01	29.40	2:06:19	4:17	19	47:08	45	47:08