



10. Cross Triathlon Friedrichroda
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Rennsteigtrio

Total time: 2:15:45

Number: 68

Speed: 12.82 km/h

Running performance: 4:37 min/km

Course: 29.40 km

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

Rank in course: 48 (of 48)

Best time in course: 1:19:11

Category:

Rank in category: 20(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	8:57	22:22	10	2:02	23	2:02	0.40	8:57	22:22	21		49	0:54
Rad	23.00	1:29:53	3:54	20	43:50	48	43:50	23.40	1:38:50	4:13	21	27:52	49	18:05
Lauf	6.00	36:55	6:09	16	13:52	41	13:52	29.40	2:15:45	4:37	20	56:34	48	56:34