



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Partyservice Urban Gotha

Total time: 2:11:32

Number: 87

Speed: 13.23 km/h

Running performance: 4:28 min/km

Course: 29.40 km

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

Rank in course: 47 (of 48)

Best time in course: 1:19:11

Category:

Rank in category: 6(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	10:44	26:49	6	3:37	41	3:49	0.40	10:44	26:49	7	1:37	35	2:41
Rad	23.00	1:23:57	3:38	6	16:10	46	37:54	23.40	1:34:41	4:02	7	16:46	49	13:56
Lauf	6.00	36:51	6:08	5	3:52	40	13:48	29.40	2:11:32	4:28	6	23:24	47	52:21