



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Team Epo

Total time: 2:27:09

Number: 472

Speed: 16.31 km/h

Running performance: 3:37 min/km

Course: 40.80 km

Staffel XTERRA Thüringen (0,8/30/10 km)

Rank in course: 1 (of 10)

Best time in course: 2:27:09

Category:

Rank in category: 1(of 10)

Staffel XTERRA

Best time in the category: 2:27:09

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	0.80	16:26	20:32	4	5:02	4	5:02	0.80	16:26	20:32	1	-	1	-
Rad	30.00	1:33:21	3:06	4	9:59	4	9:59	30.80	1:49:47	3:33	1	-	1	-
Lauf	10.00	37:22	3:44	1	-	1	-	40.80	2:27:09	3:36	1	-	1	-