



10. Cross Triathlon Friedrichroda  
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Die Raketen

Total time: 2:35:28

Number: 475

Speed: 15.44 km/h

Running performance: 3:49 min/km

Course: 40.80 km

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

Rank in course: 3 (of 10)

Best time in course: 2:27:09

Category:

Rank in category: 3(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	15:22	19:12	3	3:58	3	3:58	0.80	15:22	19:12	11			11
Rad	30.00	1:30:44	3:01	3	7:22	3	7:22	30.80	1:46:06	3:26	11			11
Lauf	10.00	49:22	4:56	6	12:00	6	12:00	40.80	2:35:28	3:48	3	8:19	3	8:19