



10. Cross Triathlon Friedrichroda
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Team Schelter Ohrdruf

Total time: 2:33:28

Number: 480

Speed: 15.95 km/h

Running performance: 3:46 min/km

Course: 40.80 km

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

Rank in course: 2 (of 10)

Best time in course: 2:27:09

Category:

Rank in category: 2(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	11:24	14:15	1	-	1	-	0.80	11:24	14:15	11			11
Rad	30.00	1:34:35	3:09	5	11:13	5	11:13	30.80	1:45:59	3:26	11			11
Lauf	10.00	47:29	4:44	5	10:07	5	10:07	40.80	2:33:28	3:45	2	6:19	2	6:19