



10. Cross Triathlon Friedrichroda  
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Tic, Trick und Track

Total time: 2:37:39

Number: 474

Speed: 15.22 km/h

Running performance: 3:52 min/km

Course: 40.80 km

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

Rank in course: 4 (of 10)

Best time in course: 2:27:09

Category:

Rank in category: 4(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	14:55	18:38	2	3:31	2	3:31	0.80	14:55	18:38	11			11
Rad	30.00	1:37:28	3:14	6	14:06	6	14:06	30.80	1:52:23	3:38	11	2:36	11	2:36
Lauf	10.00	45:16	4:31	3	7:54	3	7:54	40.80	2:37:39	3:51	4	10:30	4	10:30