



10. Cross Triathlon Friedrichroda  
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

bewegungs-WELT Bike-Marathon Arnstadt Total time: 2:45:52

Number: 479

Speed: 14.76 km/h  
 Running performance: 4:04 min/km

Course: 40.80 km

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

Rank in course: 5 (of 10)  
 Best time in course: 2:27:09

Category:

Staffel XTERRA

Rank in category: 5(of 10)  
 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	21:00	26:15	9	9:36	9	9:36	0.80	21:00	26:15	11	4:34	11	4:34
Rad	30.00	1:23:22	2:46	1	-	1	-	30.80	1:44:22	3:23	11		11	
Lauf	10.00	1:01:30	6:09	10	24:08	10	24:08	40.80	2:45:52	4:03	5	18:43	5	18:43