



10. Cross Triathlon Friedrichroda  
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Kenias letzte Reserve

Total time: 2:57:04

Number: 478

Speed: 13.55 km/h

Running performance: 4:20 min/km

Course: 40.80 km

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

Rank in course: 7 (of 10)

Best time in course: 2:27:09

Category:

Rank in category: 7(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	20:18	25:22	5	8:54	5	8:54	0.80	20:18	25:22	11	3:52	11	3:52
Rad	30.00	1:50:35	3:41	8	27:13	8	27:13	30.80	2:10:53	4:14	11	21:06	11	21:06
Lauf	10.00	46:11	4:37	4	8:49	4	8:49	40.80	2:57:04	4:20	7	29:55	7	29:55