



10. Cross Triathlon Friedrichroda  
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Die Zapfenplücker

Total time: 2:47:37

Number: 471

Speed: 14.32 km/h

Running performance: 4:07 min/km

Course: 40.80 km

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

Rank in course: 6 (of 10)

Best time in course: 2:27:09

Category:

Rank in category: 6(of 10)

Staffel XTERRA

Best time in the category: 2:27:09

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Total ranking			
											Pos Cat.	Behind Cat.	Pos Total	Behind Total
Schwimmen	0.80	21:57	27:26	10	10:33	10	10:33	0.80	21:57	27:26	11	5:31	11	5:31
Rad	30.00	1:28:16	2:56	2	4:54	2	4:54	30.80	1:50:13	3:34	11	0:26	11	0:26
Lauf	10.00	57:24	5:44	8	20:02	8	20:02	40.80	2:47:37	4:06	6	20:28	6	20:28