



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Bauelemente Jens Lehmann

Total time: 3:01:08

Number: 476

Speed: 13.25 km/h

Running performance: 4:26 min/km

Course: 40.80 km

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

Rank in course: 8 (of 10)

Best time in course: 2:27:09

Category:

Rank in category: 8(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	20:37	25:46	6	9:13	6	9:13	0.80	20:37	25:46	11	4:11	11	4:11
Rad	30.00	1:45:46	3:31	7	22:24	7	22:24	30.80	2:06:23	4:06	11	16:36	11	16:36
Lauf	10.00	54:45	5:28	7	17:23	7	17:23	40.80	3:01:08	4:26	8	33:59	8	33:59