



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Graf Gunkel

Total time: 3:03:33

Number: 477

Speed: 13.34 km/h

Running performance: 4:30 min/km

Course: 40.80 km

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

Rank in course: 9 (of 10)

Best time in course: 2:27:09

Category:

Rank in category: 9(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	20:59	26:13	8	9:35	8	9:35	0.80	20:59	26:13	11	4:33	11	4:33
Rad	30.00	2:02:07	4:04	10	38:45	10	38:45	30.80	2:23:06	4:38	11	33:19	11	33:19
Lauf	10.00	40:27	4:02	2	3:05	2	3:05	40.80	3:03:33	4:29	9	36:24	9	36:24