



10. Cross Triathlon Friedrichroda  
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Tik, Trik & Trixie

Total time: 1:34:35

Number: 49

Speed: 18.40 km/h

Running performance: 3:13 min/km

Course: 29.40 km

Staffel-Cross Triathlon (0,4/23/6 km)

Rank in course: 12 (of 48)

Best time in course: 1:19:11

Category:

Rank in category: 5(of 20)

Staffel Cross

Best time in the category: 1:19:11

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	0.40	7:11	17:57	2	0:16	4	0:16	0.40	7:11	17:57	21			49
Rad	23.00	59:04	2:34	4	13:01	17	13:01	23.40	1:06:15	2:49	21			49
Lauf	6.00	28:20	4:43	6	5:17	14	5:17	29.40	1:34:35	3:13	5	15:24	12	15:24