



10. Cross Triathlon Friedrichroda  
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Fitnessoase-Ohrdruf

Total time: 1:24:59

Number: 84

Speed: 20.47 km/h

Running performance: 2:53 min/km

Course: 29.40 km

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

Rank in course: 3 (of 48)

Best time in course: 1:19:11

Category:

Rank in category: 1(of 15)

Staffel Cross - Firmenstaffel

Best time in the category: 1:24:59

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	7:52	19:39	2	0:05	9	0:57	0.40	7:52	19:39	16			49
Rad	23.00	48:41	2:07	1	-	2	2:38	23.40	56:33	2:24	16			49
Lauf	6.00	28:26	4:44	6	0:38	15	5:23	29.40	1:24:59	2:53	1	-	3	5:48