



10. Cross Triathlon Friedrichroda  
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

LOK Emsetal

Total time: 1:33:33

Number: 54

Speed: 18.86 km/h

Running performance: 3:11 min/km

Course: 29.40 km

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

Rank in course: 10 (of 48)

Best time in course: 1:19:11

Category:

Rank in category: 3(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	8:14	20:34	6	1:19	15	1:19	0.40	8:14	20:34	9		49	0:11
Rad	23.00	59:24	2:34	6	13:21	19	13:21	23.40	1:07:38	2:53	21		49	
Lauf	6.00	25:55	4:19	3	2:52	4	2:52	29.40	1:33:33	3:10	3	14:22	10	14:22