



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

VR Bank Westthüringen eG

Total time: 1:33:20

Number: 61

Speed: 18.64 km/h

Running performance: 3:10 min/km

Course: 29.40 km

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

Rank in course: 9 (of 48)

Best time in course: 1:19:11

Category:

Rank in category: 3(of 7)

Staffel Cross - Familienstaffel

Best time in the category: 1:30:13

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	8:08	20:19	3	0:58	13	1:13	0.40	8:08	20:19	1	-	49	0:05
Rad	23.00	1:00:42	2:38	5	8:29	21	14:39	23.40	1:08:50	2:56	1	-	49	
Lauf	6.00	24:30	4:04	1	-	2	1:27	29.40	1:33:20	3:10	3	3:07	9	14:09