



# 10. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 17.07.2011

## Detailed evaluation

Profft, Ingolf

Total time: 1:52:52

Club: Gotha

Number: 180

Course: 29.40 km

Rank in course/Total: 110 (of 172)

Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Men: 103 (of 146)

Best time in course: 1:25:53

Category:

Rank in category: 34(of 42)

AK 30 männlich

Best time in the category: 1:25:53

### 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.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Schwimmen	0.40	10:33	26:22	38	3:35	116	4:37	0.40	10:33	26:22	43	1:19	147	2:46
Rad	23.00	1:07:25	2:55	28	13:24	87	14:43	23.40	1:17:58	3:19	42	1:20	144	12:50
Lauf	6.00	34:54	5:48	29	11:11	98	11:11	29.40	1:52:52	3:50	34	26:59	103	26:59