



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Espig, Thomas

Total time: 1:31:30

Club: Racingteam Schroeter
 Number: 242

Course: 29.40 km
 Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Total: 12 (of 172)
 Rank in course/Men: 12 (of 146)
 Best time in course: 1:25:53

Category:
 AK 30 männlich

Rank in category: 3(of 42)
 Best time in the category: 1:25:53

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.40	8:14	20:34	14	1:16	38	2:18	0.40	8:14	20:34	43		147	0:27
Rad	23.00	54:01	2:20	1	-	5	1:19	23.40	1:02:15	2:39	42		144	
Lauf	6.00	29:15	4:52	6	5:32	29	5:32	29.40	1:31:30	3:06	3	5:37	12	5:37