



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 |