



10. Cross Triathlon Friedrichroda  
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Koch, Dominik

Total time: 1:25:53

Club: TV Barchfeld  
 Number: 261

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

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

Category:  
 AK 30 männlich

Rank in category: 1(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	7:21	18:22	5	0:23	15	1:25	0.40	7:21	18:22	43		147	
Rad	23.00	54:49	2:23	2	0:48	7	2:07	23.40	1:02:10	2:39	42		144	
Lauf	6.00	23:43	3:57	1	-	1	-	29.40	1:25:53	2:55	1	-	1	-