



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Onißeit, Lothar

Total time: 1:47:25

Club: AC Apolda

Number: 215

Course: 29.40 km

Rank in course/Total: 77 (of 172)

Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Men: 71 (of 146)

Best time in course: 1:25:53

Category:

Rank in category: 1(of 3)

AK 60 männlich

Best time in the category: 1:47:25

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.40	8:40	21:39	1	-	50	2:44	0.40	8:40	21:39	1	-	147	0:53
Rad	23.00	1:03:47	2:46	1	-	58	11:05	23.40	1:12:27	3:05	1	-	144	7:19
Lauf	6.00	34:58	5:49	1	-	100	11:15	29.40	1:47:25	3:39	1	-	71	21:32