



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Krannich, Steffen

Total time: 2:00:55

Club: Altenfeld

Number: 178

Course: 29.40 km

Rank in course/Total: 133 (of 172)

Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Men: 122 (of 146)

Best time in course: 1:25:53

Category:

Rank in category: 35(of 45)

AK 40 männlich

Best time in the category: 1:32:32

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	10:50	27:04	37	4:15	123	4:54	0.40	10:50	27:04	46	2:05	147	3:03
Rad	23.00	1:15:14	3:16	39	17:46	129	22:32	23.40	1:26:04	3:40	46	12:27	144	20:56
Lauf	6.00	34:51	5:48	32	8:11	97	11:08	29.40	2:00:55	4:06	35	28:23	122	35:02