



10. Cross Triathlon Friedrichroda  
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Reiße, Maik

Total time: 1:32:50

Club: Frankfurt am Main  
Number: 257

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

Rank in course/Total: 14 (of 172)

Rank in course/Men: 14 (of 146)

Best time in course: 1:25:53

Category:

Rank in category: 4(of 42)

AK 30 männlich

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	7:29	18:42	6	0:31	19	1:33	0.40	7:29	18:42	43		147	
Rad	23.00	58:20	2:32	5	4:19	19	5:38	23.40	1:05:49	2:48	42		144	0:41
Lauf	6.00	27:01	4:30	4	3:18	13	3:18	29.40	1:32:50	3:09	4	6:57	14	6:57