



10. Cross Triathlon Friedrichroda
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Brodmann, Ralf

Total time: 1:49:37

Club: LTV Obereichsfeld
Number: 192

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

Rank in course/Total: 90 (of 172)
Rank in course/Men: 84 (of 146)
Best time in course: 1:25:53

Category:
AK 30 männlich

Rank in category: 27(of 42)
Best time in the category: 1:25:53

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Schwimmen	0.40	7:49	19:32	9	0:51	24	1:53	0.40	7:49	19:32	43		147	0:02
Rad	23.00	1:10:44	3:04	34	16:43	108	18:02	23.40	1:18:33	3:21	42	1:55	144	13:25
Lauf	6.00	31:04	5:10	15	7:21	51	7:21	29.40	1:49:37	3:43	27	23:44	84	23:44