



10. Cross Triathlon Friedrichroda  
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Frank, Daniel

Total time: 1:47:50

Club: Tabarzer Sportverein  
Number: 220

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

Rank in course/Total: 78 (of 172)  
Rank in course/Men: 72 (of 146)  
Best time in course: 1:25:53

Category:  
AK 30 männlich

Rank in category: 22(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	9:44	24:19	30	2:46	93	3:48	0.40	9:44	24:19	43	0:30	147	1:57
Rad	23.00	1:02:20	2:42	10	8:19	43	9:38	23.40	1:12:04	3:04	42		144	6:56
Lauf	6.00	35:46	5:57	35	12:03	114	12:03	29.40	1:47:50	3:40	22	21:57	72	21:57