



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Meister, Frank

Total time: 1:39:11

Club: Lauffreunde Gotha
 Number: 250

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

Rank in course/Total: 31 (of 172)
 Rank in course/Men: 29 (of 146)
 Best time in course: 1:25:53

Category:
 AK 40 männlich

Rank in category: 5(of 45)
 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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.40	10:22	25:55	33	3:47	110	4:26	0.40	10:22	25:55	46	1:37	147	2:35
Rad	23.00	1:00:12	2:37	6	2:44	32	7:30	23.40	1:10:34	3:00	46		144	5:26
Lauf	6.00	28:37	4:46	6	1:57	23	4:54	29.40	1:39:11	3:22	5	6:39	29	13:18