



10. Cross Triathlon Friedrichroda
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Ostertag, Jörg

Total time: 1:29:20

Club: TSG Ruhla

Number: 282

Course: 29.40 km

Rank in course/Total: 7 (of 172)

Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Men: 7 (of 146)

Best time in course: 1:25:53

Category:

Rank in category: 2(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.	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	9:09	22:52	22	2:11	70	3:13	0.40	9:09	22:52	43		147	1:22
Rad	23.00	55:20	2:24	3	1:19	9	2:38	23.40	1:04:29	2:45	42		144	
Lauf	6.00	24:51	4:08	2	1:08	2	1:08	29.40	1:29:20	3:02	2	3:27	7	3:27