



10. Cross Triathlon Friedrichroda
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Ratzenberger, Dirk

Total time: 1:52:12

Club: Triathlon Jena
Number: 219

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

Rank in course/Total: 106 (of 172)
Rank in course/Men: 99 (of 146)
Best time in course: 1:25:53

Category:
AK 40 männlich

Rank in category: 30(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 | 8:42 | 21:44 | 12 | 2:07 | 52 | 2:46 | 0.40 | 8:42 | 21:44 | 46 | | 147 | 0:55 |
| Rad | 23.00 | 1:10:48 | 3:04 | 32 | 13:20 | 109 | 18:06 | 23.40 | 1:19:30 | 3:23 | 46 | 5:53 | 144 | 14:22 |
| Lauf | 6.00 | 32:42 | 5:27 | 22 | 6:02 | 75 | 8:59 | 29.40 | 1:52:12 | 3:48 | 30 | 19:40 | 99 | 26:19 |