



10. Cross Triathlon Friedrichroda
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Zaspel, Thomas

Total time: 1:53:09

Club: Trügleben

Number: 218

Course: 29.40 km

Rank in course/Total: 111 (of 172)

Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Men: 104 (of 146)

Best time in course: 1:25:53

Category:

Rank in category: 31(of 45)

AK 40 männlich

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	12:09	30:22	44	5:34	142	6:13	0.40	12:09	30:22	46	3:24	147	4:22
Rad	23.00	1:08:24	2:58	28	10:56	97	15:42	23.40	1:20:33	3:26	46	6:56	144	15:25
Lauf	6.00	32:36	5:26	21	5:56	74	8:53	29.40	1:53:09	3:50	31	20:37	104	27:16