



10. Cross Triathlon Friedrichroda
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Knopf, Stephan

Total time: 1:29:44

Club: Team-Q

Number: 286

Course: 29.40 km

Rank in course/Total: 9 (of 172)

Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Men: 9 (of 146)

Best time in course: 1:25:53

Category:

Rank in category: 6(of 29)

AK 20 männlich

Best time in the category: 1:27:56

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	8:28	21:09	13	2:32	45	2:32	0.40	8:28	21:09	30	0:09	147	0:41
Rad	23.00	55:56	2:25	7	3:14	12	3:14	23.40	1:04:24	2:45	28	2:23	144	
Lauf	6.00	25:20	4:13	1	-	4	1:37	29.40	1:29:44	3:03	6	1:48	9	3:51