



10. Cross Triathlon Friedrichroda
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Hahn, Matthias

Total time: 1:28:52

Club: Erfurt
Number: 290

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

Rank in course/Total: 6 (of 172)

Rank in course/Men: 6 (of 146)

Best time in course: 1:25:53

Category:
AK 20 männlich

Rank in category: 4(of 29)

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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.40	7:23	18:27	6	1:27	17	1:27	0.40	7:23	18:27	30			147
Rad	23.00	54:00	2:20	4	1:18	4	1:18	23.40	1:01:23	2:37	28			144
Lauf	6.00	27:29	4:34	7	2:09	16	3:46	29.40	1:28:52	3:01	4	0:56	6	2:59