



10. Cross Triathlon Friedrichroda
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Rauch, Sebastian

Total time: 1:52:37

Club: Petriroda

Number: 225

Course: 29.40 km

Rank in course/Total: 108 (of 172)

Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Men: 101 (of 146)

Best time in course: 1:25:53

Category:

Rank in category: 21(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	9:43	24:17	19	3:47	91	3:47	0.40	9:43	24:17	30	1:24	147	1:56
Rad	23.00	1:08:51	2:59	21	16:09	99	16:09	23.40	1:18:34	3:21	28	16:33	144	13:26
Lauf	6.00	34:03	5:40	21	8:43	90	10:20	29.40	1:52:37	3:49	21	24:41	101	26:44