



10. Cross Triathlon Friedrichroda  
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Pahnke, Markus

Total time: 1:48:22

Club: Rad-Art

Number: 237

Course: 29.40 km

Rank in course/Total: 81 (of 172)

Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Men: 75 (of 146)

Best time in course: 1:25:53

Category:

Rank in category: 24(of 42)

AK 30 männlich

Best time in the category: 1:25:53

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	9:23	23:27	27	2:25	81	3:27	0.40	9:23	23:27	43	0:09	147	1:36
Rad	23.00	1:07:09	2:55	27	13:08	85	14:27	23.40	1:16:32	3:16	42		144	11:24
Lauf	6.00	31:50	5:18	18	8:07	60	8:07	29.40	1:48:22	3:41	24	22:29	75	22:29