



10. Cross Triathlon Friedrichroda
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Zeh, Alexander

Total time: 1:54:05

Club: Wacker 03 Gotha

Number: 221

Course: 29.40 km

Rank in course/Total: 113 (of 172)

Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Men: 106 (of 146)

Best time in course: 1:25:53

Category:

Rank in category: 32(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	9:43	24:17	31	3:08	91	3:47	0.40	9:43	24:17	46	0:58	147	1:56
Rad	23.00	1:02:40	2:43	13	5:12	46	9:58	23.40	1:12:23	3:05	46		144	7:15
Lauf	6.00	41:42	6:57	43	15:02	136	17:59	29.40	1:54:05	3:52	32	21:33	106	28:12