



10. Cross Triathlon Friedrichroda  
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Nothnagel, Uwe

Total time: 1:46:56

Club: Fitnessoase-Ohrdruff

Number: 247

Course: 29.40 km

Rank in course/Total: 70 (of 172)

Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Men: 64 (of 146)

Best time in course: 1:25:53

Category:

Rank in category: 20(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.	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	8:39	21:37	10	2:04	48	2:43	0.40	8:39	21:37	46		147	0:52
Rad	23.00	1:04:03	2:47	18	6:35	65	11:21	23.40	1:12:42	3:06	46		144	7:34
Lauf	6.00	34:14	5:42	29	7:34	93	10:31	29.40	1:46:56	3:38	20	14:24	64	21:03