



10. Cross Triathlon Friedrichroda  
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Krzyzak, Roman

Total time: 2:07:09

Club: SG Brühl

Number: 197

Course: 29.40 km

Rank in course/Total: 149 (of 172)

Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Men: 135 (of 146)

Best time in course: 1:25:53

Category:

Rank in category: 3(of 3)

AK 60 männlich

Best time in the category: 1:47:25

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	11:15	28:07	3	2:35	130	5:19	0.40	11:15	28:07	4	2:35	147	3:28
Rad	23.00	1:12:52	3:10	3	9:05	122	20:10	23.40	1:24:07	3:35	4	11:40	144	18:59
Lauf	6.00	43:02	7:10	3	8:04	139	19:19	29.40	2:07:09	4:19	3	19:44	135	41:16