



10. Cross Triathlon Friedrichroda
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Nendzynski, Frank

Total time: 2:13:57

Club: Schachclub Waltershausen

Number: 177

Course: 29.40 km

Rank in course/Total: 158 (of 172)

Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Men: 139 (of 146)

Best time in course: 1:25:53

Category:

Rank in category: 43(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	11:54	29:45	43	5:19	141	5:58	0.40	11:54	29:45	46	3:09	147	4:07
Rad	23.00	1:25:39	3:43	45	28:11	142	32:57	23.40	1:37:33	4:10	46	23:56	144	32:25
Lauf	6.00	36:24	6:03	36	9:44	118	12:41	29.40	2:13:57	4:33	43	41:25	139	48:04