



10. Cross Triathlon Friedrichroda
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Horn, Sebastian

Total time: 1:43:03

Club: AC Apolda

Number: 263

Course: 29.40 km

Rank in course/Total: 57 (of 172)

Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Men: 53 (of 146)

Best time in course: 1:25:53

Category:

Rank in category: 15(of 29)

AK 20 männlich

Best time in the category: 1:27:56

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Schwimmen	0.40	7:20	18:19	5	1:24	13	1:24	0.40	7:20	18:19	30			147
Rad	23.00	1:04:38	2:48	16	11:56	68	11:56	23.40	1:11:58	3:04	28	9:57	144	6:50
Lauf	6.00	31:05	5:10	12	5:45	52	7:22	29.40	1:43:03	3:30	15	15:07	53	17:10