



10. Cross Triathlon Friedrichroda  
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Dellith, Wolfgang

Total time: 1:44:00

Club: LTV Erfurt e.V.

Number: 264

Course: 29.40 km

Rank in course/Total: 59 (of 172)

Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Men: 54 (of 146)

Best time in course: 1:25:53

Category:

Rank in category: 16(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	7:24	18:30	4	0:49	18	1:28	0.40	7:24	18:30	46			147	
Rad	23.00	1:03:35	2:45	15	6:07	55	10:53	23.40	1:10:59	3:02	46			144	5:51
Lauf	6.00	33:01	5:30	24	6:21	80	9:18	29.40	1:44:00	3:32	16	11:28	54	18:07	