



10. Cross Triathlon Friedrichroda
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Pomorzev, Andrey

Total time: 1:49:29

Club: VfL Bad Arolsen

Number: 256

Course: 29.40 km

Rank in course/Total: 89 (of 172)

Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Men: 83 (of 146)

Best time in course: 1:25:53

Category:

Rank in category: 26(of 42)

AK 30 männlich

Best time in the category: 1:25:53

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	7:02	17:34	2	0:04	9	1:06	0.40	7:02	17:34	43	-	147	-
Rad	23.00	1:09:36	3:01	32	15:35	105	16:54	23.40	1:16:38	3:16	1	-	144	11:30
Lauf	6.00	32:51	5:28	22	9:08	77	9:08	29.40	1:49:29	3:43	26	23:36	83	23:36