



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Preuk, Roland

Total time: 1:34:29

Club: Leinatal

Number: 95

Course: 29.40 km

Rank in course/Total: 21 (of 172)

Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Men: 20 (of 146)

Best time in course: 1:25:53

Category:

Rank in category: 5(of 20)

AK 50 männlich

Best time in the category: 1:26:19

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	8:57	22:22	7	2:47	64	3:01	0.40	8:57	22:22	21			147	1:10
Rad	23.00	56:52	2:28	3	2:30	14	4:10	23.40	1:05:49	2:48	21			144	0:41
Lauf	6.00	28:40	4:46	5	3:31	24	4:57	29.40	1:34:29	3:12	5	8:10		20	8:36