



10. Cross Triathlon Friedrichroda  
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Hermann, Jan

Total time: 1:54:57

Club: Fitnessoase-Ohrdruff

Number: 254

Course: 29.40 km

Rank in course/Total: 117 (of 172)

Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Men: 110 (of 146)

Best time in course: 1:25:53

Category:

Rank in category: 36(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.40	9:46	24:25	31	2:48	94	3:50	0.40	9:46	24:25	43	0:32	147	1:59
Rad	23.00	1:09:41	3:01	33	15:40	106	16:59	23.40	1:19:27	3:23	42	2:49	144	14:19
Lauf	6.00	35:30	5:55	32	11:47	109	11:47	29.40	1:54:57	3:54	36	29:04	110	29:04