



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Lieder, Sven

Total time: 1:42:05

Club: LV Saalfeld

Number: 291

Course: 29.40 km

Rank in course/Total: 51 (of 172)

Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Men: 48 (of 146)

Best time in course: 1:25:53

Category:

Rank in category: 13(of 42)

AK 30 männlich

Best time in the category: 1:25:53

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Schwimmen	0.40	6:58	17:24	1	-	8	1:02	0.40	6:58	17:24	43			147
Rad	23.00	1:03:36	2:45	19	9:35	56	10:54	23.40	1:10:34	3:00	42			144 5:26
Lauf	6.00	31:31	5:15	16	7:48	56	7:48	29.40	1:42:05	3:28	13	16:12	48	16:12