



10. Cross Triathlon Friedrichroda
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Spiegel, Stefan

Total time: 1:52:12

Club: Rhöner WSV

Number: 273

Course: 29.40 km

Rank in course/Total: 107 (of 172)

Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Men: 99 (of 146)

Best time in course: 1:25:53

Category:

Rank in category: 32(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	10:03	25:07	33	3:05	100	4:07	0.40	10:03	25:07	43	0:49	147	2:16
Rad	23.00	1:07:59	2:57	31	13:58	91	15:17	23.40	1:18:02	3:20	42	1:24	144	12:54
Lauf	6.00	34:10	5:41	28	10:27	91	10:27	29.40	1:52:12	3:48	32	26:19	99	26:19