



10. Cross Triathlon Friedrichroda
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Krunig, Raik

Total time: 1:49:45

Club: lauf-fuer-Kinderherzen
Number: 281

Course: 29.40 km
Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Total: 92 (of 172)
Rank in course/Men: 86 (of 146)
Best time in course: 1:25:53

Category:
AK 40 männlich

Rank in category: 26(of 45)
Best time in the category: 1:32:32

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Total ranking			
						Pos Men	Behind Men				Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.40	8:13	20:32	7	1:38	37	2:17	0.40	8:13	20:32	46		147	0:26
Rad	23.00	1:09:11	3:00	29	11:43	102	16:29	23.40	1:17:24	3:18	46	3:47	144	12:16
Lauf	6.00	32:21	5:23	18	5:41	69	8:38	29.40	1:49:45	3:43	26	17:13	86	23:52