



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Wacha, Volker

Total time: 1:55:21

Club: Günthersleben- Wechmar
 Number: 272

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

Rank in course/Total: 119 (of 172)
 Rank in course/Men: 111 (of 146)
 Best time in course: 1:25:53

Category:
 AK 50 männlich

Rank in category: 13(of 20)
 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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.40	10:49	27:02	14	4:39	122	4:53	0.40	10:49	27:02	21		147	3:02
Rad	23.00	1:09:12	3:00	14	14:50	103	16:30	23.40	1:20:01	3:25	21		144	14:53
Lauf	6.00	35:20	5:53	14	10:11	105	11:37	29.40	1:55:21	3:55	13	29:02	111	29:28