



10. Cross Triathlon Friedrichroda
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Köhler, Christoph

Total time: 1:54:48

Club: Günthersleben-Wechmar
Number: 296

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

Rank in course/Total: 116 (of 172)
Rank in course/Men: 109 (of 146)
Best time in course: 1:25:53

Category:
AK 20 männlich

Rank in category: 22(of 29)
Best time in the category: 1:27:56

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	11:18	28:15	26	5:22	132	5:22	0.40	11:18	28:15	30	2:59	147	3:31
Rad	23.00	1:11:37	3:06	23	18:55	116	18:55	23.40	1:22:55	3:32	28	20:54	144	17:47
Lauf	6.00	31:53	5:18	16	6:33	61	8:10	29.40	1:54:48	3:54	22	26:52	109	28:55