



10. Cross Triathlon Friedrichroda
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Arlt, Niklas

Total time: 25:20

Club: Seebergen

Number: 25

Course: 5.10 km

Rank in course/Total: 16 (of 41)

Einsteiger Triathlon (0.1/4/1 km)

Rank in course/Men: 13 (of 23)

Best time in course: 18:48

Category:

Rank in category: 5(of 10)

männliche Einsteiger AK 8-10

Best time in the category: 22:42

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	0.10	4:12	42:00	7	1:28	20	1:34	0.10	4:12	42:00	7			8	1:28
Rad	4.00	15:32	3:53	5	6:22	13	6:22	4.10	19:44	4:48	10	0:05		8	1:47
Lauf	1.00	5:36	5:35	5	0:46	11	1:24	5.10	25:20	4:58	5	2:38		13	6:32