



10. Cross Triathlon Friedrichroda
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Golla, Sören

Total time: 2:00:59

Club: Günthersleben- Wechmar
Number: 297

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

Rank in course/Total: 134 (of 172)
Rank in course/Men: 123 (of 146)
Best time in course: 1:25:53

Category:
AK 40 männlich

Rank in category: 36(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.40	10:54	27:15	39	4:19	125	4:58	0.40	10:54	27:15	46	2:09	147	3:07
Rad	23.00	1:12:41	3:09	35	15:13	119	19:59	23.40	1:23:35	3:34	46	9:58	144	18:27
Lauf	6.00	37:24	6:14	38	10:44	122	13:41	29.40	2:00:59	4:06	36	28:27	123	35:06