



10. Cross Triathlon Friedrichroda
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Kiefer, Armin

Total time: 1:59:24

Club: Illingen

Number: 98

Course: 29.40 km

Rank in course/Total: 130 (of 172)

Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Men: 120 (of 146)

Best time in course: 1:25:53

Category:

Rank in category: 17(of 20)

AK 50 männlich

Best time in the category: 1:26:19

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Schwimmen	0.40	11:14	28:04	15	5:04	129	5:18	0.40	11:14	28:04	21		147	3:27
Rad	23.00	1:08:20	2:58	11	13:58	96	15:38	23.40	1:19:34	3:24	21		144	14:26
Lauf	6.00	39:50	6:38	18	14:41	135	16:07	29.40	1:59:24	4:03	17	33:05	120	33:31