



# 10. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 17.07.2011

## Detailed evaluation

Martschoke, Jonas

Total time: 29:30

Club: FSV Wacker03 Gotha

Number: 9

Course: 5.10 km

Rank in course/Total: 37 (of 41)

Einsteiger Triathlon (0.1/4/1 km)

Rank in course/Men: 21 (of 23)

Best time in course: 18:48

Category:

Rank in category: 10(of 10)

männliche Einsteiger AK 11-14

Best time in the category: 18:48

### 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	0.10	4:02	40:19	10	1:21	19	1:24	0.10	4:02	40:19	10	1:21	24	1:18
Rad	4.00	19:33	4:53	10	7:38	22	10:23	4.10	23:35	5:45	10	8:59	23	5:38
Lauf	1.00	5:55	5:55	8	1:43	16	1:43	5.10	29:30	5:47	10	10:42	21	10:42