



# 10. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 17.07.2011

## Detailed evaluation

### Brambring, Stefan

Club: Trianhas VfL Bad Arolsen

Number: 323

Course: 40.80 km

XTERRA Thüringen (0,8/30/10 km)

Category:

AK 2, TM 25

Rank in course/Total: DSQ (of 50)

Rank in course/Men: DSQ (of 43)

Best time in course: -

Rank in category: DSQ(of 8)

Best time in the category: -

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	0.80	13:26	16:47	4	2:57	10	2:57	0.80	13:26	16:47	1	-	44	
Rad	30.00	1:11:56	2:23	1	-	1	-	30.80	1:25:22	2:46	1	-	42	
Lauf	10.00	46:19	4:37	2	4:26	7	6:17	40.80	-	-	-	-	-	-