



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Fricke, Lars Erik

Total time: 2:12:39

Club: AC Apolda / X4cross
 Number: 345

Course: 40.80 km
 XTERRA Thüringen (0,8/30/10 km)

Rank in course/Total: 1 (of 50)
 Rank in course/Men: 1 (of 43)
 Best time in course: 2:12:39

Category:
 AK 2, TM 25

Rank in category: 1(of 8)
 Best time in the category: 2:12:39

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	10:29	13:06	1	-	1	-	0.80	10:29	13:06	9			44
Rad	30.00	1:20:17	2:40	2	8:21	2	8:21	30.80	1:30:46	2:56	8	5:24		42
Lauf	10.00	41:53	4:11	1	-	2	1:51	40.80	2:12:39	3:15	2	0:58	2	0:58