



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Obst, Michael

Total time: 2:35:01

Club: KSV Baunatal Triathlon
 Number: 336

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

Rank in course/Total: 10 (of 50)
 Rank in course/Men: 10 (of 43)
 Best time in course: 2:12:39

Category:
 AK 4, TM 35

Rank in category: 6(of 11)
 Best time in the category: 2:21:23

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	15:12	18:59	5	3:44	24	4:43	0.80	15:12	18:59	12			44
Rad	30.00	1:31:13	3:02	6	6:11	10	19:17	30.80	1:46:25	3:27	12	5:12		42
Lauf	10.00	48:36	4:51	5	6:05	13	8:34	40.80	2:35:01	3:47	6	13:38	11	23:20