



# 10. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 17.07.2011

## Detailed evaluation

Ulbricht, Marko

Total time: 2:34:47

Club: AHORN Berghotel Friedrichroda

Number: 339

Course: 40.80 km

Rank in course/Total: 9 (of 50)

XTERRA Thüringen (0,8/30/10 km)

Rank in course/Men: 9 (of 43)

Best time in course: 2:12:39

Category:

Rank in category: 5(of 11)

AK 4, TM 35

Best time in the category: 2:21:23

### Intermediate times

### Stage score

### Total ranking

| Control   | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|           |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Schwimmen | 0.80        | 18:36         | 23:15           | 11          | 7:08           | 38          | 8:07          | 0.80          | 18:36         | 23:15           | 12          | 2:25           | 44         | 2:17          |
| Rad       | 30.00       | 1:27:08       | 2:54            | 3           | 2:06           | 7           | 15:12         | 30.80         | 1:45:44       | 3:25            | 12          | 4:31           | 42         |               |
| Lauf      | 10.00       | 49:03         | 4:54            | 6           | 6:32           | 15          | 9:01          | 40.80         | 2:34:47       | 3:47            | 5           | 13:24          | 10         | 23:06         |