



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
 XTERRA Thüringen (0,8/30/10 km)

Rank in course/Total: 9 (of 50)
 Rank in course/Men: 9 (of 43)
 Best time in course: 2:12:39

Category:
 AK 4, TM 35

Rank in category: 5(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	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