



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Romeis, Kay

Total time: 2:45:17

Club: MRRC, Erding
 Number: 314

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

Rank in course/Total: 22 (of 50)
 Rank in course/Men: 22 (of 43)
 Best time in course: 2:12:39

Category:
 AK 3, TM 30

Rank in category: 4(of 6)
 Best time in the category: 2:22:36

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	14:06	17:37	3	2:14	15	3:37	0.80	14:06	17:37	7	1:04	44	
Rad	30.00	1:40:57	3:21	4	14:37	27	29:01	30.80	1:55:03	3:44	7	15:41	42	
Lauf	10.00	50:14	5:01	4	10:12	20	10:12	40.80	2:45:17	4:03	4	22:41	23	33:36