



10. Cross Triathlon Friedrichroda  
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Lembrich, Dr. David

Total time: 2:43:45

Club: Odenthal

Number: 335

Course: 40.80 km

Rank in course/Total: 19 (of 50)

XTERRA Thüringen (0,8/30/10 km)

Rank in course/Men: 19 (of 43)

Best time in course: 2:12:39

Category:

Rank in category: 1(of 9)

Senioren 2, TM 45

Best time in the category: 2:43:45

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	14:44	18:24	3	1:14	21	4:15	0.80	14:44	18:24	10	1:14	44	
Rad	30.00	1:39:37	3:19	2	1:49	24	27:41	30.80	1:54:21	3:42	9	0:20	42	
Lauf	10.00	49:24	4:56	2	0:59	18	9:22	40.80	2:43:45	4:00	1	-	20	32:04