



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Kühmel, Matthias

Total time: 2:43:00

Club: Triathlon Friedrichroda
 Number: 342

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

Rank in course/Total: 17 (of 50)
 Rank in course/Men: 17 (of 43)
 Best time in course: 2:12:39

Category:
 Senioren 1, TM 40

Rank in category: 2(of 6)
 Best time in the category: 2:38:25

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	16:50	21:02	4	3:26	32	6:21	0.80	16:50	21:02	7	3:03	44	0:31
Rad	30.00	1:32:54	3:05	1	-	12	20:58	30.80	1:49:44	3:33	7		42	
Lauf	10.00	53:16	5:19	4	2:38	27	13:14	40.80	2:43:00	3:59	2	4:35	18	31:19