



10. Cross Triathlon Friedrichroda
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Apelt, Robby

Total time: 2:47:22

Club: Team Erdinger Alkoholfrei / TV Barchfeld
Number: 348

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

Rank in course/Total: 24 (of 50)

Rank in course/Men: 24 (of 43)

Best time in course: 2:12:39

Category:

Rank in category: 3(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	15:00	18:45	4	1:30	23	4:31	0.80	15:00	18:45	10	1:30	44	
Rad	30.00	1:37:48	3:15	1	-	21	25:52	30.80	1:52:48	3:39	9		42	
Lauf	10.00	54:34	5:27	6	6:09	32	14:32	40.80	2:47:22	4:06	3	3:37	25	35:41