



10. Cross Triathlon Friedrichroda  
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Förster, Thomas

Total time: 3:04:56

Club: TSV Eisenberg/Triathlon  
 Number: 301

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

Rank in course/Total: 39 (of 50)  
 Rank in course/Men: 36 (of 43)  
 Best time in course: 2:12:39

Category:  
 Senioren 2, TM 45

Rank in category: 7(of 9)  
 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	16:08	20:09	5	2:38	28	5:39	0.80	16:08	20:09	10	2:38	44	
Rad	30.00	1:55:29	3:50	8	17:41	39	43:33	30.80	2:11:37	4:16	9	17:36	42	13:41
Lauf	10.00	53:19	5:19	5	4:54	28	13:17	40.80	3:04:56	4:31	7	21:11	37	53:15