



# 10. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 17.07.2011

## Detailed evaluation

Sommerlade, Bernd

Total time: 3:02:24

Club: DJK Feudenheim

Number: 320

Course: 40.80 km

Rank in course/Total: 36 (of 50)

XTERRA Thüringen (0,8/30/10 km)

Rank in course/Men: 33 (of 43)

Best time in course: 2:12:39

Category:

Rank in category: 6(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.80	20:05	25:06	7	6:35	41	9:36	0.80	20:05	25:06	10	6:35	44	3:46
Rad	30.00	1:53:54	3:47	7	16:06	37	41:58	30.80	2:13:59	4:21	9	19:58	42	16:03
Lauf	10.00	48:25	4:50	1	-	10	8:23	40.80	3:02:24	4:28	6	18:39	34	50:43