



10. Cross Triathlon Friedrichroda
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Knoke, Thomas

Total time: 2:56:09

Club: TSVE 1890 Bielefeld
Number: 341

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

Rank in course/Total: 32 (of 50)
Rank in course/Men: 30 (of 43)
Best time in course: 2:12:39

Category:
Senioren 1, TM 40

Rank in category: 5(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	14:13	17:46	3	0:49	17	3:44	0.80	14:13	17:46	7	0:26	44	
Rad	30.00	1:48:01	3:36	5	15:07	34	36:05	30.80	2:02:14	3:58	7	9:20	42	4:18
Lauf	10.00	53:55	5:23	5	3:17	29	13:53	40.80	2:56:09	4:19	5	17:44	31	44:28