



10. Cross Triathlon Friedrichroda
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Seeber, Benjamin

Total time: 3:04:39

Club: Freiburg
Number: 334

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

Rank in course/Total: 38 (of 50)
Rank in course/Men: 35 (of 43)
Best time in course: 2:12:39

Category:
AK 1, TM 20

Rank in category: 2(of 2)
Best time in the category: 2:41:49

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	14:57	18:41	2	2:42	22	4:28	0.80	14:57	18:41	3	2:42	44		
Rad	30.00	1:47:33	3:35	2	12:08	33	35:37	30.80	2:02:30	3:58	3	14:50	42	4:34	
Lauf	10.00	1:02:09	6:12	2	8:00	39	22:07	40.80	3:04:39	4:31	2	22:50	36	52:58	