



10. Cross Triathlon Friedrichroda
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Steuding, Bernd

Club: Gü-We Läufer
Number: 338

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

Category:
Senioren 2, TM 45

Rank in course/Total: DSQ (of 50)

Rank in course/Men: DSQ (of 43)

Best time in course: 2:12:39

Rank in category: DSQ(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	22:19	27:53	9	8:49	43	11:50	0.80	22:19	27:53	10	8:49	44	6:00
Rad	30.00	fehlt!	-	-	-	-	-	30.80	-	-	-	-	-	-
Lauf	10.00	2:58:32	17:51	9	2:10:07	42	2:18:30	40.80	-	-	-	-	-	-