



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Kirsch, Steffen

Total time: 3:41:03

Club: Stotternheim
 Number: 352

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

Rank in course/Total: 45 (of 50)
 Rank in course/Men: 40 (of 43)
 Best time in course: 2:12:39

Category:
 AK 4, TM 35

Rank in category: 11(of 11)
 Best time in the category: 2:21:23

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	18:33	23:11	10	7:05	37	8:04	0.80	18:33	23:11	12	2:22	44	2:14
Rad	30.00	2:14:07	4:28	11	49:05	41	1:02:11	30.80	2:32:40	4:57	12	51:27	42	34:44
Lauf	10.00	1:08:23	6:50	11	25:52	41	28:21	40.80	3:41:03	5:25	11	1:19:40	42	1:29:22