



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Zaspel, Max

Total time: 27:26

Club: Floh-Seligenthal
 Number: 40

Course: 5.10 km
 Einsteiger Triathlon (0.1/4/1 km)

Rank in course/Total: 32 (of 41)
 Rank in course/Men: 20 (of 23)
 Best time in course: 18:48

Category:
 männliche Einsteiger ab AK 20

Rank in category: 3(of 3)
 Best time in the category: 21:44

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	0.10	3:28	34:39	3	0:50	10	0:50	0.10	3:28	34:39	4	0:03	24	0:44
Rad	4.00	16:59	4:14	3	3:17	21	7:49	4.10	20:27	4:59	4	1:01	23	2:30
Lauf	1.00	6:59	6:59	2	1:35	21	2:47	5.10	27:26	5:22	3	5:42	20	8:38