



10. Cross Triathlon Friedrichroda
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Wojczyk, Richard

Total time: 21:23

Club: Lauffreunde Gotha
Number: 18

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

Rank in course/Total: 3 (of 41)

Rank in course/Men: 3 (of 23)

Best time in course: 18:48

Category:
männliche Einsteiger AK 11-14

Rank in category: 3(of 10)

Best time in the category: 18:48

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	3:25	34:09	6	0:44	8	0:47	0.10	3:25	34:09	3	0:44	24	0:41
Rad	4.00	13:11	3:17	3	1:16	4	4:01	4.10	16:36	4:02	3	2:00	23	
Lauf	1.00	4:47	4:46	3	0:35	3	0:35	5.10	21:23	4:11	3	2:35	3	2:35