



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Bense, Michael

Total time: 1:33:18

Club: SV Motor Tambach Dietharz
 Number: 122

Course: 29.40 km
 Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Total: 17 (of 172)
 Rank in course/Men: 17 (of 146)
 Best time in course: 1:25:53

Category:
 AK 30 männlich

Rank in category: 5(of 42)
 Best time in the category: 1:25:53

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	0.40	7:47	19:27	8	0:49	22	1:51	0.40	7:47	19:27	43		1	-
Rad	23.00	57:21	2:29	4	3:20	15	4:39	23.40	1:05:08	2:47	42		1	-
Lauf	6.00	28:10	4:41	5	4:27	20	4:27	29.40	1:33:18	3:10	5	7:25	17	7:25