



10. Cross Triathlon Friedrichroda  
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Strobach, Joachim

Total time: 1:30:28

Club: LAV Verden

Number: 160

Course: 29.40 km

Rank in course/Total: 10 (of 172)

Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Men: 10 (of 146)

Best time in course: 1:25:53

Category:

Rank in category: 2(of 20)

AK 50 männlich

Best time in the category: 1:26:19

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Schwimmen	0.40	6:10	15:24	1	-	2	0:14	0.40	6:10	15:24	21			147
Rad	23.00	57:34	2:30	4	3:12	17	4:52	23.40	1:03:44	2:43	21			144
Lauf	6.00	26:44	4:27	2	1:35	8	3:01	29.40	1:30:28	3:04	2	4:09	10	4:35