



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Foch, Mathias

Total time: 1:39:56

Club: SG Motor Arnstadt
 Number: 146

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

Rank in course/Total: 34 (of 172)
 Rank in course/Men: 32 (of 146)
 Best time in course: 1:25:53

Category:
 AK 40 männlich

Rank in category: 7(of 45)
 Best time in the category: 1:32:32

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	7:29	18:42	5	0:54	19	1:33	0.40	7:29	18:42	46			147
Rad	23.00	1:05:27	2:50	22	7:59	72	12:45	23.40	1:12:56	3:07	46			144 7:48
Lauf	6.00	27:00	4:30	2	0:20	12	3:17	29.40	1:39:56	3:23	7	7:24	32	14:03