



10. Cross Triathlon Friedrichroda
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Gentzel, Philipp

Total time: 1:28:08

Club: Erfurter LAC

Number: 184

Course: 29.40 km

Rank in course/Total: 4 (of 172)

Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Men: 4 (of 146)

Best time in course: 1:25:53

Category:

Rank in category: 2(of 29)

AK 20 männlich

Best time in the category: 1:27:56

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	6:14	15:34	2	0:18	3	0:18	0.40	6:14	15:34	30			147
Rad	23.00	56:03	2:26	8	3:21	13	3:21	23.40	1:02:17	2:39	28	0:16		144
Lauf	6.00	25:51	4:18	2	0:31	5	2:08	29.40	1:28:08	2:59	2	0:12	4	2:15