



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Hollander, Christian

Total time: 21:24

Club: Friedrichroda

Number: 11

Course: 5.10 km

Rank in course/Total: 4 (of 41)

Einsteiger Triathlon (0.1/4/1 km)

Rank in course/Men: 4 (of 23)

Best time in course: 18:48

Category:

Rank in category: 4(of 10)

männliche Einsteiger AK 11-14

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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.10	3:10	31:39	5	0:29	7	0:32	0.10	3:10	31:39	4	0:29	24	0:26
Rad	4.00	14:01	3:30	4	2:06	6	4:51	4.10	17:11	4:11	4	2:35	23	
Lauf	1.00	4:13	4:13	2	0:01	2	0:01	5.10	21:24	4:11	4	2:36	4	2:36