



10. Cross Triathlon Friedrichroda
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Theeg, David

Total time: 1:29:37

Club: Triathlon Jena e.V.
Number: 189

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

Rank in course/Total: 8 (of 172)
Rank in course/Men: 8 (of 146)
Best time in course: 1:25:53

Category:
AK 20 männlich

Rank in category: 5(of 29)
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 | 6:57 | 17:22 | 4 | 1:01 | 7 | 1:01 | 0.40 | 6:57 | 17:22 | 30 | | | 147 |
| Rad | 23.00 | 55:48 | 2:25 | 6 | 3:06 | 10 | 3:06 | 23.40 | 1:02:45 | 2:40 | 28 | 0:44 | | 144 |
| Lauf | 6.00 | 26:52 | 4:28 | 5 | 1:32 | 10 | 3:09 | 29.40 | 1:29:37 | 3:02 | 5 | 1:41 | 8 | 3:44 |