



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

Rank in course/Total: 8 (of 172)

Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Men: 8 (of 146)

Best time in course: 1:25:53

Category:

Rank in category: 5(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	6:57	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