



10. Cross Triathlon Friedrichroda  
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Volk, Tino

Total time: 1:32:56

Club: Tabarz

Number: 181

Course: 29.40 km

Rank in course/Total: 15 (of 172)

Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Men: 15 (of 146)

Best time in course: 1:25:53

Category:

Rank in category: 2(of 45)

AK 40 männlich

Best time in the category: 1:32:32

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Schwimmen	0.40	7:18	18:15	2	0:43	11	1:22	0.40	7:18	18:15	46			147
Rad	23.00	58:35	2:32	2	1:07	22	5:53	23.40	1:05:53	2:48	46			144 0:45
Lauf	6.00	27:03	4:30	3	0:23	14	3:20	29.40	1:32:56	3:09	2	0:24	15	7:03