



10. Cross Triathlon Friedrichroda
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Hollander, Sven

Total time: 1:32:32

Club: Friedrichroda

Number: 183

Course: 29.40 km

Rank in course/Total: 13 (of 172)

Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Men: 13 (of 146)

Best time in course: 1:25:53

Category:

Rank in category: 1(of 45)

AK 40 männlich

Best time in the category: 1:32:32

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	0.40	8:24	21:00	9	1:49	44	2:28	0.40	8:24	21:00	46	-	147	0:37
Rad	23.00	57:28	2:29	1	-	16	4:46	23.40	1:05:52	2:48	46	-	144	0:44
Lauf	6.00	26:40	4:26	1	-	6	2:57	29.40	1:32:32	3:08	1	-	13	6:39