



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Lehmann, Christian

Total time: 1:40:48

Club: Lauffreunde Gotha
 Number: 158

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

Rank in course/Total: 41 (of 172)
 Rank in course/Men: 38 (of 146)
 Best time in course: 1:25:53

Category:
 AK 30 männlich

Rank in category: 10(of 42)
 Best time in the category: 1:25:53

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	10:55	27:17	40	3:57	127	4:59	0.40	10:55	27:17	43	1:41	147	3:08
Rad	23.00	1:02:56	2:44	15	8:55	51	10:14	23.40	1:13:51	3:09	42		144	8:43
Lauf	6.00	26:57	4:29	3	3:14	11	3:14	29.40	1:40:48	3:25	10	14:55	38	14:55