



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	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	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