



10. Cross Triathlon Friedrichroda  
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Seeber, Stefan

Total time: 1:46:57

Club: Erfurt  
Number: 145

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

Rank in course/Total: 71 (of 172)  
Rank in course/Men: 65 (of 146)  
Best time in course: 1:25:53

Category:  
AK 30 männlich

Rank in category: 19(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	7:49	19:32	9	0:51	24	1:53	0.40	7:49	19:32	43		147	0:02
Rad	23.00	1:03:54	2:46	21	9:53	62	11:12	23.40	1:11:43	3:03	42		144	6:35
Lauf	6.00	35:14	5:52	30	11:31	103	11:31	29.40	1:46:57	3:38	19	21:04	65	21:04