



10. Cross Triathlon Friedrichroda
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Gernke, Markus

Total time: 1:40:50

Club: Werratal Runners

Number: 169

Course: 29.40 km

Rank in course/Total: 43 (of 172)

Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Men: 40 (of 146)

Best time in course: 1:25:53

Category:

Rank in category: 12(of 42)

AK 30 männlich

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.	Stage score		Total km	Total Time	Total min/km	Total ranking				
						Pos Men	Behind Men				Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Schwimmen	0.40	8:21	20:52	16	1:23	43	2:25	0.40	8:21	20:52	43			147	0:34
Rad	23.00	1:02:41	2:43	12	8:40	47	9:59	23.40	1:11:02	3:02	42			144	5:54
Lauf	6.00	29:48	4:58	10	6:05	38	6:05	29.40	1:40:50	3:25	12	14:57		40	14:57