



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Graf, Felix

Total time: 1:37:34

Club: Triathlon Friedrichroda
 Number: 185

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

Rank in course/Total: 27 (of 172)
 Rank in course/Men: 25 (of 146)
 Best time in course: 1:25:53

Category:
 AK 20 männlich

Rank in category: 11(of 29)
 Best time in the category: 1:27:56

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	9:24	23:30	17	3:28	82	3:28	0.40	9:24	23:30	30	1:05	147	1:37
Rad	23.00	1:00:27	2:37	14	7:45	35	7:45	23.40	1:09:51	2:59	28	7:50	144	4:43
Lauf	6.00	27:43	4:37	8	2:23	18	4:00	29.40	1:37:34	3:19	11	9:38	25	11:41