



10. Cross Triathlon Friedrichroda  
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Metz, Stefan

Total time: 1:36:16

Club: TTT

Number: 204

Course: 29.40 km

Rank in course/Total: 23 (of 172)

Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Men: 22 (of 146)

Best time in course: 1:25:53

Category:

Rank in category: 6(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Schwimmen	0.40	8:29	21:12	17	1:31	46	2:33	0.40	8:29	21:12	43		147	0:42
Rad	23.00	58:23	2:32	6	4:22	20	5:41	23.40	1:06:52	2:51	42		144	1:44
Lauf	6.00	29:24	4:53	8	5:41	33	5:41	29.40	1:36:16	3:16	6	10:23	22	10:23