



10. Cross Triathlon Friedrichroda
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Simon, Jonas

Total time: 25:23

Club: Königllutter

Number: 10

Course: 5.10 km

Rank in course/Total: 18 (of 41)

Einsteiger Triathlon (0.1/4/1 km)

Rank in course/Men: 15 (of 23)

Best time in course: 18:48

Category:

Rank in category: 7(of 10)

männliche Einsteiger AK 8-10

Best time in the category: 22:42

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.10	3:43	37:09	3	0:59	12	1:05	0.10	3:43	37:09	6		9	0:59
Rad	4.00	15:56	3:59	8	6:46	16	6:46	4.10	19:39	4:47	1	-	23	1:42
Lauf	1.00	5:44	5:44	7	0:54	14	1:32	5.10	25:23	4:58	7	2:41	15	6:35