



10. Cross Triathlon Friedrichroda
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Elflein, Felix

Total time: 1:59:18

Club: Junge Union Kreisverband Gotha
Number: 132

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

Rank in course/Total: 128 (of 172)

Rank in course/Men: 118 (of 146)

Best time in course: 1:25:53

Category:

Rank in category: 24(of 29)

AK 20 männlich

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	10:12	25:29	23	4:16	105	4:16	0.40	10:12	25:29	30	1:53	38	2:25
Rad	23.00	1:10:57	3:05	22	18:15	112	18:15	23.40	1:21:09	3:28	28	19:08	144	16:01
Lauf	6.00	38:09	6:21	27	12:49	127	14:26	29.40	1:59:18	4:03	24	31:22	118	33:25