



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Roth, Stefan

Total time: 1:33:58

Club: Maintal

Number: 208

Course: 29.40 km

Rank in course/Total: 19 (of 172)

Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Men: 18 (of 146)

Best time in course: 1:25:53

Category:

Rank in category: 8(of 29)

AK 20 männlich

Best time in the category: 1:27:56

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Schwimmen	0.40	5:56	14:50	1	-	1	-	0.40	5:56	14:50	30			147
Rad	23.00	58:30	2:32	9	5:48	21	5:48	23.40	1:04:26	2:45	28	2:25		144
Lauf	6.00	29:32	4:55	9	4:12	34	5:49	29.40	1:33:58	3:11	8	6:02		18 8:05