



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Frohl, Jochen

Total time: 1:40:58

Club: Triathlon Friedrichroda
 Number: 195

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

Rank in course/Total: 44 (of 172)
 Rank in course/Men: 41 (of 146)
 Best time in course: 1:25:53

Category:
 AK 50 männlich

Rank in category: 7(of 20)
 Best time in the category: 1:26:19

| 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 | 8:58 | 22:24 | 8 | 2:48 | 65 | 3:02 | 0.40 | 8:58 | 22:24 | 21 | | 147 | 1:11 |
| Rad | 23.00 | 1:02:00 | 2:41 | 7 | 7:38 | 40 | 9:18 | 23.40 | 1:10:58 | 3:01 | 21 | | 144 | 5:50 |
| Lauf | 6.00 | 30:00 | 5:00 | 8 | 4:51 | 39 | 6:17 | 29.40 | 1:40:58 | 3:26 | 7 | 14:39 | 41 | 15:05 |