



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Kißling, Stefan

Total time: 1:44:04

Club: Schnepfenthal
 Number: 190

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

Rank in course/Total: 60 (of 172)
 Rank in course/Men: 55 (of 146)
 Best time in course: 1:25:53

Category:
 AK 30 männlich

Rank in category: 16(of 42)
 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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.40	8:44	21:49	18	1:46	54	2:48	0.40	8:44	21:49	43		147	0:57
Rad	23.00	1:03:15	2:45	17	9:14	53	10:33	23.40	1:11:59	3:04	42		144	6:51
Lauf	6.00	32:05	5:20	21	8:22	65	8:22	29.40	1:44:04	3:32	16	18:11	55	18:11