



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Frank, Joerg

Total time: 1:40:07

Club: Tambach-Dietharz
 Number: 205

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

Rank in course/Total: 36 (of 172)
 Rank in course/Men: 34 (of 146)
 Best time in course: 1:25:53

Category:
 AK 40 männlich

Rank in category: 8(of 45)
 Best time in the category: 1:32:32

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	9:06	22:44	22	2:31	69	3:10	0.40	9:06	22:44	46	0:21	147	1:19
Rad	23.00	59:58	2:36	5	2:30	30	7:16	23.40	1:09:04	2:57	46		144	3:56
Lauf	6.00	31:03	5:10	13	4:23	50	7:20	29.40	1:40:07	3:24	8	7:35	34	14:14