



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Balsam, Martin

Total time: 1:50:18

Club: SV Emsetal

Number: 187

Course: 29.40 km

Rank in course/Total: 95 (of 172)

Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Men: 89 (of 146)

Best time in course: 1:25:53

Category:

Rank in category: 28(of 42)

AK 30 männlich

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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.40	10:22	25:55	36	3:24	110	4:26	0.40	10:22	25:55	43	1:08	147	2:35
Rad	23.00	1:05:55	2:51	25	11:54	77	13:13	23.40	1:16:17	3:15	42		144	11:09
Lauf	6.00	34:01	5:40	27	10:18	89	10:18	29.40	1:50:18	3:45	28	24:25	89	24:25