



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

## Detailed evaluation

**Ruhkamp, Martin**

**Total time: 1:32:26**

Club: SV Einheit Eisenach

Number: 221

Course: 21.30 km

Rank in course/Total: 83 (of 122)

Einzel Cross Triathlon (0.3/16,0/5,0 km)

Rank in course/Men: 77 (of 105)

Best time in course: 1:03:47

Category:

Rank in category: 11(of 14)

Senioren 2, TM 50

Best time in the category: 1:04:52

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	0.30	6:18	21:00	4	0:45	29	1:37	0.30	6:18	21:00	15		106	1:22
Schwimmen Total	0.30	6:18												
Rad	16.00	1:00:23	3:46	13	21:02	86	21:50	16.30	1:06:41	4:05	15	17:29	104	22:27
Rad Total	16.00	1:00:23												
Lauf	5.00	25:45	5:09	8	5:47	54	7:00	21.30	1:32:26	4:20	11	27:34	77	28:39
Lauf Total	21.00	1:32:26												