



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Hofen, Christian

Total time: 1:16:31

Club: Mühlhausen

Number: 117

Course: 21.30 km

Rank in course/Total: 24 (of 122)

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

Rank in course/Men: 24 (of 105)

Best time in course: 1:03:47

Category:

Rank in category: 7(of 27)

AK 2, TM 30

Best time in the category: 1:03:47

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	5:29	18:16	7	0:48	14	0:48	0.30	5:29	18:16	28		106	0:33
Schwimmen Total	0.30	5:29												
Rad	16.00	45:01	2:48	6	5:13	18	6:28	16.30	50:30	3:05	27		104	6:16
Rad Total	16.00	45:01												
Lauf	5.00	26:01	5:12	15	7:16	58	7:16	21.30	1:16:31	3:35	7	12:44	24	12:44
Lauf Total	21.00	1:16:31												