



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

## Detailed evaluation

Zellmann, Jens

Total time: 1:41:40

Club: BC Henkelreißer Ilmenau

Number: 181

Course: 21.30 km

Rank in course/Total: 103 (of 122)

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

Rank in course/Men: 92 (of 105)

Best time in course: 1:03:47

Category:

Rank in category: 34(of 37)

Senioren 1, TM 40

Best time in the category: 1:09:52

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	6:58	23:13	19	2:09	53	2:17	0.30	6:58	23:13	38		106	2:02
Schwimmen Total	0.30	6:58												
Rad	16.00	1:12:36	4:32	36	32:01	101	34:03	16.30	1:19:34	4:52	38	18:37	104	35:20
Rad Total	16.00	1:12:36												
Lauf	5.00	22:06	4:25	6	1:36	14	3:21	21.30	1:41:40	4:46	34	31:48	92	37:53
Lauf Total	21.00	1:41:40												