



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

## Detailed evaluation

**Hösch, Heiko**

**Total time: 1:38:55**

Club: SV Hermsdorf

Number: 200

Course: 21.30 km

Rank in course/Total: 97 (of 122)

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

Rank in course/Men: 88 (of 105)

Best time in course: 1:03:47

Category:

Rank in category: 31(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	8:54	29:40	35	4:05	98	4:13	0.30	8:54	29:40	38	1:26	106	3:58
Schwimmen Total	0.30	8:54												
Rad	16.00	1:04:28	4:01	35	23:53	97	25:55	16.30	1:13:22	4:30	38	12:25	104	29:08
Rad Total	16.00	1:04:28												
Lauf	5.00	25:33	5:06	18	5:03	52	6:48	21.30	1:38:55	4:38	31	29:03	88	35:08
Lauf Total	21.00	1:38:55												