



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

## Detailed evaluation

**Ruhkamp, Nikolas**

**Total time: 1:35:04**

Club: SV Einheit Eisenach

Number: 222

Course: 21.30 km

Rank in course/Total: 90 (of 122)

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

Rank in course/Men: 84 (of 105)

Best time in course: 1:03:47

Category:

Rank in category: 13(of 15)

AK 1, TM 20

Best time in the category: 1:06:06

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	6:56	23:06	9	2:00	51	2:15	0.30	6:56	23:06	16	2:00	106	2:00
Schwimmen Total	0.30	6:56												
Rad	16.00	58:41	3:40	13	20:08	81	20:08	16.30	1:05:37	4:01	15	21:23	104	21:23
Rad Total	16.00	58:41												
Lauf	5.00	29:27	5:53	13	7:35	89	10:42	21.30	1:35:04	4:27	13	28:58	84	31:17
Lauf Total	21.00	1:35:04												