



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

## Detailed evaluation

**Köhler, Thomas**

**Total time: 1:43:34**

Club: Magdala

Number: 189

Course: 21.30 km

Rank in course/Total: 107 (of 122)

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

Rank in course/Men: 95 (of 105)

Best time in course: 1:03:47

Category:

Rank in category: 14(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	8:26	28:06	13	2:53	93	3:45	0.30	8:26	28:06	15	2:00	101	3:30
Schwimmen Total	0.30	8:26												
Rad	16.00	1:04:46	4:02	14	25:25	98	26:13	16.30	1:13:12	4:29	15	24:00	104	28:58
Rad Total	16.00	1:04:46												
Lauf	5.00	30:22	6:04	14	10:24	92	11:37	21.30	1:43:34	4:51	14	38:42	95	39:47
Lauf Total	21.00	1:43:34												