



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Werner, Ralf

Total time: 1:55:13

Club: Stedtfelder Rennsteigfreunde
Number: 161

Course: 21.30 km
Einzel Cross Triathlon (0.3/16,0/5,0 km)

Rank in course/Total: 117 (of 122)
Rank in course/Men: 102 (of 105)
Best time in course: 1:03:47

Category:
Senioren 1, TM 40

Rank in category: 37(of 37)
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	8:39	28:50	34	3:50	96	3:58	0.30	8:39	28:50	38	1:11	88	3:43
Schwimmen Total	0.30	8:39												
Rad	16.00	1:19:42	4:58	37	39:07	102	41:09	16.30	1:28:21	5:25	38	27:24	104	44:07
Rad Total	16.00	1:19:42												
Lauf	5.00	26:52	5:22	24	6:22	69	8:07	21.30	1:55:13	5:24	37	45:21	102	51:26
Lauf Total	21.00	1:55:13												