



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Fricke, Lars Erik

Total time: 2:05:51

Club: X4cross/ AC Apolda
Number: 360

Course: 38.60 km
XTERRA Thüringen (0,6/28,0/10,0 km)

Rank in course/Total: 1 (of 82)
Rank in course/Men: 1 (of 78)
Best time in course: 2:05:51

Category:
AK 3, TM 30

Rank in category: 1(of 13)
Best time in the category: 2:05:51

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	0.60	7:57	13:15	2	3:14	4	3:14	0.60	7:57	13:15	1	-	78	
Schwimmen Total	0.60	7:57												
Rad	28.00	1:19:11	2:49	1	-	2	28:20	28.60	1:27:08	3:02	1	-	77	
Rad Total	28.00	1:19:11												
Lauf	10.00	38:43	3:52	1	-	3	26:00	38.60	2:05:51	3:15	1	-	2	42:36
Lauf Total	38.00	2:05:51												