



# 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    |              |             |             |         |            |               |            |              |          |             |         |            |