



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Tittel, Thomas

Total time: 2:32:07

Club: SC DHFK Leipzig

Number: 311

Course: 38.60 km

Rank in course/Total: 15 (of 82)

XTERRA Thüringen (0,6/28,0/10,0 km)

Rank in course/Men: 15 (of 78)

Best time in course: 2:05:51

Category:

Rank in category: 7(of 13)

AK 4, TM 35

Best time in the category: 2:15:17

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	8:33	14:15	1	-	5	3:50	0.60	8:33	14:15	14			78
Schwimmen Total	0.60	8:33												
Rad	28.00	1:39:19	3:32	7	15:22	21	48:28	28.60	1:47:52	3:46	14	13:37		77
Rad Total	28.00	1:39:19												
Lauf	10.00	44:15	4:25	4	3:54	13	31:32	38.60	2:32:07	3:56	7	16:50	16	1:08:52
Lauf Total	38.00	2:32:07												