



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

## Detailed evaluation

Theeg, David

Total time: 2:28:10

Club: Triathlon Jena e.V.  
Number: 354

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

Rank in course/Total: 11 (of 82)  
Rank in course/Men: 11 (of 78)  
Best time in course: 2:05:51

Category:  
AK 1, TM 20

Rank in category: 2(of 4)  
Best time in the category: 2:24:07

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	10:50	18:03	3	2:15	23	6:07	0.60	10:50	18:03	1	-	78	0:51
Schwimmen Total	0.60	10:50												
Rad	28.00	1:35:43	3:25	2	3:22	18	44:52	28.60	1:46:33	3:43	1	-	77	
Rad Total	28.00	1:35:43												
Lauf	10.00	41:37	4:09	1	-	8	28:54	38.60	2:28:10	3:50	2	4:03	12	1:04:55
Lauf Total	38.00	2:28:10												