



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Humbek, Frank

Total time: 2:32:21

Club: Easy Riders -Rad -Art
Number: 356

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

Rank in course/Total: 16 (of 82)
Rank in course/Men: 16 (of 78)
Best time in course: 2:05:51

Category:
Senioren 1, TM 40

Rank in category: 4(of 21)
Best time in the category: 2:06:52

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	0.60	13:23	22:18	15	6:30	56	8:40	0.60	13:23	22:18	22	1:00	78	3:24
Schwimmen Total	0.60	13:23												
Rad	28.00	1:31:06	3:15	4	11:54	10	40:15	28.60	1:44:29	3:39	21		77	
Rad Total	28.00	1:31:06												
Lauf	10.00	47:52	4:47	7	9:37	25	35:09	38.60	2:32:21	3:56	4	25:29	17	1:09:06
Lauf Total	38.00	2:32:21												