



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Knoke, Thomas

Total time: 2:45:54

Club: TSVE 1890 Bielefeld
Number: 308

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

Rank in course/Total: 28 (of 82)
Rank in course/Men: 26 (of 78)
Best time in course: 2:05:51

Category:
Senioren 1, TM 40

Rank in category: 8(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 | 14:42 | 24:30 | 18 | 7:49 | 66 | 9:59 | 0.60 | 14:42 | 24:30 | 22 | 2:19 | 78 | 4:43 |
| Schwimmen Total | 0.60 | 14:42 | | | | | | | | | | | | |
| Rad | 28.00 | 1:31:26 | 3:15 | 5 | 12:14 | 11 | 40:35 | 28.60 | 1:46:08 | 3:42 | 21 | | 77 | |
| Rad Total | 28.00 | 1:31:26 | | | | | | | | | | | | |
| Lauf | 10.00 | 59:46 | 5:58 | 18 | 21:31 | 64 | 47:03 | 38.60 | 2:45:54 | 4:17 | 8 | 39:02 | 27 | 1:22:39 |
| Lauf Total | 38.00 | 2:45:54 | | | | | | | | | | | | |