



# 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												