



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Spengler, Thomas

Total time: 2:43:21

Club: USV Halle

Number: 316

Course: 38.60 km

Rank in course/Total: 24 (of 82)

XTERRA Thüringen (0,6/28,0/10,0 km)

Rank in course/Men: 23 (of 78)

Best time in course: 2:05:51

Category:

Rank in category: 7(of 21)

Senioren 1, TM 40

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	12:32	20:53	9	5:39	42	7:49	0.60	12:32	20:53	22	0:09	78	2:33
Schwimmen Total	0.60	12:32												
Rad	28.00	1:46:02	3:47	9	26:50	34	55:11	28.60	1:58:34	4:08	21		77	
Rad Total	28.00	1:46:02												
Lauf	10.00	44:47	4:28	4	6:32	16	32:04	38.60	2:43:21	4:13	7	36:29	24	1:20:06
Lauf Total	38.00	2:43:21												