



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

## Detailed evaluation

**Bense, Michael**

**Total time: 2:45:12**

Club: SV Motor Tamabch Dietharz  
Number: 328

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

Rank in course/Total: 26 (of 82)  
Rank in course/Men: 25 (of 78)  
Best time in course: 2:05:51

Category:  
AK 3, TM 30

Rank in category: 4(of 13)  
Best time in the category: 2:05:51

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	12:22	20:36	8	7:39	38	7:39	0.60	12:22	20:36	14	4:25	78	2:23
Schwimmen Total	0.60	12:22												
Rad	28.00	1:39:19	3:32	4	20:08	21	48:28	28.60	1:51:41	3:54	14	24:33	77	
Rad Total	28.00	1:39:19												
Lauf	10.00	53:31	5:21	8	14:48	46	40:48	38.60	2:45:12	4:16	4	39:21	26	1:21:57
Lauf Total	38.00	2:45:12												