



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

## Detailed evaluation

**Koob, Stefan**

**Total time: 1:17:27**

Club: SC Motor Zella-Mehlis

Number: 119

Course: 21.30 km

Rank in course/Total: 28 (of 122)

Einzel Cross Triathlon (0.3/16,0/5,0 km)

Rank in course/Men: 28 (of 105)

Best time in course: 1:03:47

Category:

Rank in category: 5(of 15)

AK 1, TM 20

Best time in the category: 1:06:06

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	0.30	6:18	21:00	5	1:22	29	1:37	0.30	6:18	21:00	16	1:22	106	1:22
Schwimmen Total	0.30	6:18												
Rad	16.00	47:23	2:57	5	8:50	28	8:50	16.30	53:41	3:17	15	9:27	104	9:27
Rad Total	16.00	47:23												
Lauf	5.00	23:46	4:45	8	1:54	35	5:01	21.30	1:17:27	3:38	5	11:21	28	13:40
Lauf Total	21.00	1:17:27												