



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Meister, Frank

Total time: 2:43:45

Club: Triathlon Friedrichroda
Number: 359

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

Rank in course/Total: 25 (of 82)
Rank in course/Men: 24 (of 78)
Best time in course: 2:05:51

Category:
Senioren 3, TM 50

Rank in category: 1(of 7)
Best time in the category: 2:43:45

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	13:25	22:21	3	3:43	57	8:42	0.60	13:25	22:21	8	3:43	78	3:26
Schwimmen Total	0.60	13:25												
Rad	28.00	1:43:51	3:42	2	53:00	31	53:00	28.60	1:57:16	4:06	8	56:43	77	
Rad Total	28.00	1:43:51												
Lauf	10.00	46:29	4:38	2	33:46	19	33:46	38.60	2:43:45	4:14	2	1:20:30	25	1:20:30
Lauf Total	38.00	2:43:45												