



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Kißling, Stefan

Total time: 2:58:01

Club: Triathlon Friedrichroda
Number: 310

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

Rank in course/Total: 45 (of 82)

Rank in course/Men: 42 (of 78)

Best time in course: 2:05:51

Category:
AK 3, TM 30

Rank in category: 11(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	11:58	19:56	6	7:15	34	7:15	0.60	11:58	19:56	14	4:01	78	1:59
Schwimmen Total	0.60	11:58												
Rad	28.00	1:51:52	3:59	10	32:41	42	1:01:01	28.60	2:03:50	4:19	14	36:42	77	3:19
Rad Total	28.00	1:51:52												
Lauf	10.00	54:11	5:25	10	15:28	50	41:28	38.60	2:58:01	4:36	11	52:10	43	1:34:46
Lauf Total	38.00	2:58:01												