



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Förster, Thomas

Total time: 1:14:50

Club: TSV Eisenberg/Triathlon/Team Ruhwedel
Number: 137

Course: 21.30 km
Einzel Cross Triathlon (0.3/16,0/5,0 km)

Rank in course/Total: 20 (of 122)

Rank in course/Men: 20 (of 105)

Best time in course: 1:03:47

Category:

Rank in category: 5(of 37)

Senioren 1, TM 40

Best time in the category: 1:09:52

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	0.30	4:59	16:36	2	0:10	5	0:18	0.30	4:59	16:36	38		106	0:03
Schwimmen Total	0.30	4:59												
Rad	16.00	47:23	2:57	7	6:48	28	8:50	16.30	52:22	3:12	38		104	8:08
Rad Total	16.00	47:23												
Lauf	5.00	22:28	4:29	8	1:58	19	3:43	21.30	1:14:50	3:30	5	4:58	20	11:03
Lauf Total	21.00	1:14:50												