



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Frohl, Jochen

Total time: 3:06:29

Club: Triathlon Friedrichroda
Number: 314

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

Rank in course/Total: 56 (of 82)
Rank in course/Men: 53 (of 78)
Best time in course: 2:05:51

Category:
Senioren 4, TM 55

Rank in category: 1(of 3)
Best time in the category: 3:06:29

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	12:19	20:31	1	-	37	7:36	0.60	12:19	20:31	1	-	78	2:20
Schwimmen Total	0.60	12:19												
Rad	28.00	1:56:39	4:09	2	4:12	50	1:05:48	28.60	2:08:58	4:30	1	-	77	8:27
Rad Total	28.00	1:56:39												
Lauf	10.00	57:31	5:45	1	-	58	44:48	38.60	3:06:29	4:49	1	-	54	1:43:14
Lauf Total	38.00	3:06:29												