



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Heiderich, Sebastian

Total time: 3:00:16

Club: Triathlon Barchfeld

Number: 339

Course: 38.60 km

Rank in course/Total: 47 (of 82)

XTERRA Thüringen (0,6/28,0/10,0 km)

Rank in course/Men: 44 (of 78)

Best time in course: 2:05:51

Category:

Rank in category: 11(of 13)

AK 4, TM 35

Best time in the category: 2:15:17

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	13:42	22:49	11	5:09	59	8:59	0.60	13:42	22:49	14	4:03	78	3:43
Schwimmen Total	0.60	13:42												
Rad	28.00	1:52:25	4:00	11	28:28	44	1:01:34	28.60	2:06:07	4:24	14	31:52	77	5:36
Rad Total	28.00	1:52:25												
Lauf	10.00	54:09	5:24	11	13:48	49	41:26	38.60	3:00:16	4:40	11	44:59	45	1:37:01
Lauf Total	38.00	3:00:16												