



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Jäger, Thomas

Total time: 1:12:08

Club: Tri-Team Heuchelberg
Number: 153

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

Rank in course/Total: 14 (of 122)
Rank in course/Men: 14 (of 105)
Best time in course: 1:03:47

Category:
Senioren 1, TM 40

Rank in category: 3(of 37)
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	4:49	16:03	1	-	2	0:08	0.30	4:49	16:03	38		106	
Schwimmen Total	0.30	4:49												
Rad	16.00	44:17	2:46	3	3:42	15	5:44	16.30	49:06	3:00	33		104	4:52
Rad Total	16.00	44:17												
Lauf	5.00	23:02	4:36	10	2:32	29	4:17	21.30	1:12:08	3:23	3	2:16	14	8:21
Lauf Total	21.00	1:12:08												