



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Köster, Ralf

Total time: 2:57:17

Club: TSG Kleinostheim

Number: 363

Course: 38.60 km

Rank in course/Total: 44 (of 82)

XTERRA Thüringen (0,6/28,0/10,0 km)

Rank in course/Men: 41 (of 78)

Best time in course: 2:05:51

Category:

Rank in category: 10(of 21)

Senioren 1, TM 40

Best time in the category: 2:06:52

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	0.60	12:23	20:38	8	5:30	40	7:40	0.60	12:23	20:38	1	-	78	2:24
Schwimmen Total	0.60	12:23												
Rad	28.00	1:52:44	4:01	12	33:32	47	1:01:53	28.60	2:05:07	4:22	21		77	4:36
Rad Total	28.00	1:52:44												
Lauf	10.00	52:10	5:13	12	13:55	41	39:27	38.60	2:57:17	4:35	10	50:25	42	1:34:02
Lauf Total	38.00	2:57:17												