



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

## Detailed evaluation

Seeber, Stefan

Total time: 3:03:26

Club: Erfurt  
Number: 345

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

Rank in course/Total: 52 (of 82)  
Rank in course/Men: 49 (of 78)  
Best time in course: 2:05:51

Category:  
AK 4, TM 35

Rank in category: 12(of 13)  
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	12:22	20:36	8	3:49	38	7:39	0.60	12:22	20:36	14	2:43	78	2:23
Schwimmen Total	0.60	12:22												
Rad	28.00	1:52:27	4:00	12	28:30	45	1:01:36	28.60	2:04:49	4:21	14	30:34	77	4:18
Rad Total	28.00	1:52:27												
Lauf	10.00	58:37	5:51	12	18:16	61	45:54	38.60	3:03:26	4:45	12	48:09	50	1:40:11
Lauf Total	38.00	3:03:26												