



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

## Detailed evaluation

Hammer, Thomas

Total time: 2:59:14

Club: Erfurt  
Number: 373

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

Rank in course/Total: 46 (of 82)  
Rank in course/Men: 43 (of 78)  
Best time in course: 2:05:51

Category:  
Senioren 1, TM 40

Rank in category: 11(of 21)  
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	13:17	22:08	14	6:24	55	8:34	0.60	13:17	22:08	22	0:54	78	3:18
Schwimmen Total	0.60	13:17												
Rad	28.00	1:47:58	3:51	10	28:46	36	57:07	28.60	2:01:15	4:14	21		77	0:44
Rad Total	28.00	1:47:58												
Lauf	10.00	57:59	5:47	16	19:44	60	45:16	38.60	2:59:14	4:38	11	52:22	44	1:35:59
Lauf Total	38.00	2:59:14												