



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Swiderski, Jan

Total time: 3:07:45

Club: WSC 07 Ruhla

Number: 364

Course: 38.60 km

Rank in course/Total: 57 (of 82)

XTERRA Thüringen (0,6/28,0/10,0 km)

Rank in course/Men: 54 (of 78)

Best time in course: 2:05:51

Category:

Rank in category: 6(of 9)

Senioren 2, TM 45

Best time in the category: 2:34:03

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	13:28	22:26	8	6:20	58	8:45	0.60	13:28	22:26	9	2:19	78	3:29
Schwimmen Total	0.60	13:28												
Rad	28.00	2:02:03	4:21	6	23:35	60	1:11:12	28.60	2:15:31	4:44	9	25:34	77	15:00
Rad Total	28.00	2:02:03												
Lauf	10.00	52:14	5:13	4	9:01	42	39:31	38.60	3:07:45	4:51	6	33:42	55	1:44:30
Lauf Total	38.00	3:07:45												