



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Sack, Matthias

Total time: 3:05:05

Club: SV Sömmerda
Number: 380

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

Rank in course/Total: 54 (of 82)

Rank in course/Men: 51 (of 78)

Best time in course: 2:05:51

Category:
AK 3, TM 30

Rank in category: 13(of 13)

Best time in the category: 2:05:51

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	9:51	16:25	3	5:08	13	5:08	0.60	9:51	16:25	14	1:54	78	
Schwimmen Total	0.60	9:51												
Rad	28.00	1:58:37	4:14	12	39:26	54	1:07:46	28.60	2:08:28	4:29	14	41:20	77	7:57
Rad Total	28.00	1:58:37												
Lauf	10.00	56:37	5:39	13	17:54	55	43:54	38.60	3:05:05	4:47	13	59:14	52	1:41:50
Lauf Total	38.00	3:05:05												