



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

## Detailed evaluation

**HOWARD**

Total time: 3:19:34

Club: Friedrichroda  
Number: 337

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

Rank in course/Total: 65 (of 82)  
Rank in course/Men: 62 (of 78)  
Best time in course: 2:05:51

Category:  
Senioren 1, TM 40

Rank in category: 16(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	14:27	24:04	17	7:34	64	9:44	0.60	14:27	24:04	22	2:04	78	4:28
Schwimmen Total	0.60	14:27												
Rad	28.00	2:07:28	4:33	16	48:16	63	1:16:37	28.60	2:21:55	4:57	21	7:21	77	21:24
Rad Total	28.00	2:07:28												
Lauf	10.00	57:39	5:45	15	19:24	59	44:56	38.60	3:19:34	5:10	16	1:12:42	63	1:56:19
Lauf Total	38.00	3:19:34												