



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Thein, Henrik

Total time: 3:18:44

Club: Waltershausen

Number: 378

Course: 38.60 km

Rank in course/Total: 64 (of 82)

XTERRA Thüringen (0,6/28,0/10,0 km)

Rank in course/Men: 61 (of 78)

Best time in course: 2:05:51

Category:

Rank in category: 3(of 7)

Senioren 3, TM 50

Best time in the category: 2:43:45

| 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 | 15:10 | 25:16 | 5 | 5:28 | 68 | 10:27 | 0.60 | 15:10 | 25:16 | 8 | 5:28 | 22 | 5:11 |
| Schwimmen Total | 0.60 | 15:10 | | | | | | | | | | | | |
| Rad | 28.00 | 2:02:04 | 4:21 | 4 | 1:11:13 | 61 | 1:11:13 | 28.60 | 2:17:14 | 4:47 | 8 | 1:16:41 | 77 | 16:43 |
| Rad Total | 28.00 | 2:02:04 | | | | | | | | | | | | |
| Lauf | 10.00 | 1:01:30 | 6:09 | 7 | 48:47 | 71 | 48:47 | 38.60 | 3:18:44 | 5:08 | 4 | 1:55:29 | 62 | 1:55:29 |
| Lauf Total | 38.00 | 3:18:44 | | | | | | | | | | | | |