



# 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												