



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Metz, Stefan

Total time: 3:22:48

Club: Tambacher Triathlon-Team
Number: 379

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

Rank in course/Total: 67 (of 82)

Rank in course/Men: 64 (of 78)

Best time in course: 2:05:51

Category:

Rank in category: 17(of 21)

Senioren 1, TM 40

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	13:07	21:51	13	6:14	53	8:24	0.60	13:07	21:51	22	0:44	78	3:08
Schwimmen Total	0.60	13:07												
Rad	28.00	2:19:49	4:59	19	1:00:37	74	1:28:58	28.60	2:32:56	5:20	21	18:22	77	32:25
Rad Total	28.00	2:19:49												
Lauf	10.00	49:52	4:59	9	11:37	33	37:09	38.60	3:22:48	5:15	17	1:15:56	65	1:59:33
Lauf Total	38.00	3:22:48												