



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

## Detailed evaluation

**Rudel, Jens**

Total time: 3:30:54

Club: TV Sangerhausen

Number: 377

Course: 38.60 km

Rank in course/Total: 72 (of 82)

XTERRA Thüringen (0,6/28,0/10,0 km)

Rank in course/Men: 69 (of 78)

Best time in course: 2:05:51

Category:

Rank in category: 7(of 9)

Senioren 2, TM 45

Best time in the category: 2:34:03

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	12:54	21:30	7	5:46	51	8:11	0.60	12:54	21:30	9	1:45	78	2:55
Schwimmen Total	0.60	12:54												
Rad	28.00	2:16:24	4:52	7	37:56	71	1:25:33	28.60	2:29:18	5:13	9	39:21	77	28:47
Rad Total	28.00	2:16:24												
Lauf	10.00	1:01:36	6:09	7	18:23	72	48:53	38.60	3:30:54	5:27	7	56:51	70	2:07:39
Lauf Total	38.00	3:30:54												