



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

## Detailed evaluation

Lier, Gerd

Total time: 3:31:31

Club: Gü We Läufer

Number: 375

Course: 38.60 km

Rank in course/Total: 76 (of 82)

XTERRA Thüringen (0,6/28,0/10,0 km)

Rank in course/Men: 73 (of 78)

Best time in course: 2:05:51

Category:

Rank in category: 6(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	17:46	29:36	7	8:04	76	13:03	0.60	17:46	29:36	8	8:04	78	7:47
Schwimmen Total	0.60	17:46												
Rad	28.00	2:13:09	4:45	5	1:22:18	68	1:22:18	28.60	2:30:55	5:16	8	1:30:22	77	30:24
Rad Total	28.00	2:13:09												
Lauf	10.00	1:00:36	6:03	4	47:53	68	47:53	38.60	3:31:31	5:28	7	2:08:16	74	2:08:16
Lauf Total	38.00	3:31:31												