



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Wacha, Volker

Total time: 3:31:21

Club: Gü We Läufer
Number: 376

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

Rank in course/Total: 75 (of 82)
Rank in course/Men: 72 (of 78)
Best time in course: 2:05:51

Category:
Senioren 3, TM 50

Rank in category: 5(of 7)
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	17:16	28:46	6	7:34	75	12:33	0.60	17:16	28:46	8	7:34	78	7:17
Schwimmen Total	0.60	17:16												
Rad	28.00	2:13:29	4:46	6	1:22:38	69	1:22:38	28.60	2:30:45	5:16	8	1:30:12	77	30:14
Rad Total	28.00	2:13:29												
Lauf	10.00	1:00:36	6:03	4	47:53	68	47:53	38.60	3:31:21	5:28	6	2:08:06	73	2:08:06
Lauf Total	38.00	3:31:21												