



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Lanting, Robert

Total time: 3:47:06

Club: Assen
Number: 342

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

Rank in course/Total: 79 (of 82)
Rank in course/Men: 75 (of 78)
Best time in course: 2:05:51

Category:
Senioren 2, TM 45

Rank in category: 8(of 9)
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	7:08	11:53	1	-	3	2:25	0.60	7:08	11:53	9		78	
Schwimmen Total	0.60	7:08												
Rad	28.00	2:26:58	5:14	8	48:30	76	1:36:07	28.60	2:34:06	5:23	9	44:09	77	33:35
Rad Total	28.00	2:26:58												
Lauf	10.00	1:13:00	7:17	8	29:47	76	1:00:17	38.60	3:47:06	5:53	8	1:13:03	76	2:23:51
Lauf Total	38.00	3:47:06												