



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

## Detailed evaluation

**Reinhardt, Horst**

**Total time: 1:18:45**

Club: Lauffeuer Fröttstädt

Number: 128

Course: 21.30 km

Rank in course/Total: 34 (of 122)

Einzel Cross Triathlon (0.3/16,0/5,0 km)

Rank in course/Men: 34 (of 105)

Best time in course: 1:03:47

Category:

Rank in category: 11(of 37)

Senioren 1, TM 40

Best time in the category: 1:09:52

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	0.30	8:06	27:00	29	3:17	82	3:25	0.30	8:06	27:00	38	0:38	106	3:10
Schwimmen Total	0.30	8:06												
Rad	16.00	49:27	3:05	14	8:52	42	10:54	16.30	57:33	3:31	38		104	13:19
Rad Total	16.00	49:27												
Lauf	5.00	21:12	4:14	2	0:42	6	2:27	21.30	1:18:45	3:41	11	8:53	34	14:58
Lauf Total	21.00	1:18:45												