



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

## Detailed evaluation

**Krannich, Steffen**

**Total time: 1:25:05**

Club: Altenfeld

Number: 116

Course: 21.30 km

Rank in course/Total: 53 (of 122)

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

Rank in course/Men: 52 (of 105)

Best time in course: 1:03:47

Category:

Rank in category: 17(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	8:34	28:33	32	3:45	94	3:53	0.30	8:34	28:33	13	1:06	106	3:38
Schwimmen Total	0.30	8:34												
Rad	16.00	51:11	3:11	15	10:36	47	12:38	16.30	59:45	3:39	38		104	15:31
Rad Total	16.00	51:11												
Lauf	5.00	25:20	5:03	16	4:50	48	6:35	21.30	1:25:05	3:59	17	15:13	52	21:18
Lauf Total	21.00	1:25:05												