



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Schneider, Heiko

Total time: 1:27:10

Club: SG GutsMuths Schnepfenthal

Number: 112

Course: 21.30 km

Rank in course/Total: 61 (of 122)

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

Rank in course/Men: 58 (of 105)

Best time in course: 1:03:47

Category:

Rank in category: 20(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	8:36	28:40	33	3:47	95	3:55	0.30	8:36	28:40	38	1:08	106	3:40
Schwimmen Total	0.30	8:36												
Rad	16.00	53:18	3:19	20	12:43	57	14:45	16.30	1:01:54	3:47	38	0:57	104	17:40
Rad Total	16.00	53:18												
Lauf	5.00	25:16	5:03	15	4:46	46	6:31	21.30	1:27:10	4:05	20	17:18	58	23:23
Lauf Total	21.00	1:27:10												