



11. Cross Triathlon Friedrichroda  
 Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Kuhndt, Michael

Total time: 1:23:57

Club: Post SV Leipzig  
 Number: 127

Course: 21.30 km  
 Einzel Cross Triathlon (0.3/16,0/5,0 km)

Rank in course/Total: 49 (of 122)  
 Rank in course/Men: 48 (of 105)  
 Best time in course: 1:03:47

Category:  
 Senioren 1, TM 40

Rank in category: 16(of 37)  
 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	5:41	18:56	3	0:52	17	1:00	0.30	5:41	18:56	38		106	0:45
Schwimmen Total	0.30	5:41												
Rad	16.00	52:15	3:15	18	11:40	51	13:42	16.30	57:56	3:33	38		104	13:42
Rad Total	16.00	52:15												
Lauf	5.00	26:01	5:12	20	5:31	58	7:16	21.30	1:23:57	3:56	16	14:05	48	20:10
Lauf Total	21.00	1:23:57												