



11. Cross Triathlon Friedrichroda  
 Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Stukowski, Manfred

Total time: 1:27:13

Club: Sportgruppe Mühlhausen  
 Number: 114

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

Rank in course/Total: 62 (of 122)  
 Rank in course/Men: 59 (of 105)  
 Best time in course: 1:03:47

Category:  
 Senioren 2, TM 50

Rank in category: 8(of 14)  
 Best time in the category: 1:04:52

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	7:44	25:46	9	2:11	73	3:03	0.30	7:44	25:46	15	1:18	106	2:48
Schwimmen Total	0.30	7:44												
Rad	16.00	53:47	3:21	7	14:26	61	15:14	16.30	1:01:31	3:46	15	12:19	104	17:17
Rad Total	16.00	53:47												
Lauf	5.00	25:42	5:08	7	5:44	53	6:57	21.30	1:27:13	4:05	8	22:21	59	23:26
Lauf Total	21.00	1:27:13												