



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

## Detailed evaluation

**Grafe, Toralf**

**Total time: 1:23:19**

Club: SV Nordhausen 90

Number: 135

Course: 21.30 km

Rank in course/Total: 47 (of 122)

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

Rank in course/Men: 46 (of 105)

Best time in course: 1:03:47

Category:

Rank in category: 15(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	5:47	19:16	4	0:58	20	1:06	0.30	5:47	19:16	38		106	0:51
Schwimmen Total	0.30	5:47												
Rad	16.00	52:24	3:16	19	11:49	52	13:51	16.30	58:11	3:34	38		104	13:57
Rad Total	16.00	52:24												
Lauf	5.00	25:08	5:01	14	4:38	44	6:23	21.30	1:23:19	3:54	15	13:27	46	19:32
Lauf Total	21.00	1:23:19												