



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

## Detailed evaluation

**Nichts, Ralf**

**Total time: 1:20:15**

Club: Solingen

Number: 154

Course: 21.30 km

Rank in course/Total: 39 (of 122)

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

Rank in course/Men: 39 (of 105)

Best time in course: 1:03:47

Category:

Rank in category: 5(of 14)

Senioren 2, TM 50

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	6:58	23:13	7	1:25	53	2:17	0.30	6:58	23:13	15	0:32	106	2:02
Schwimmen Total	0.30	6:58												
Rad	16.00	48:59	3:03	5	9:38	38	10:26	16.30	55:57	3:25	15	6:45	104	11:43
Rad Total	16.00	48:59												
Lauf	5.00	24:18	4:51	5	4:20	38	5:33	21.30	1:20:15	3:46	5	15:23	39	16:28
Lauf Total	21.00	1:20:15												