



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Frank, Daniel

Total time: 1:23:32

Club: Tabarzer SV Abt. Mountainbike
Number: 141

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

Rank in course/Total: 48 (of 122)

Rank in course/Men: 47 (of 105)

Best time in course: 1:03:47

Category:
AK 2, TM 30

Rank in category: 16(of 27)

Best time in the category: 1:03:47

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	7:23	24:36	20	2:42	63	2:42	0.30	7:23	24:36	28	0:06	106	2:27
Schwimmen Total	0.30	7:23												
Rad	16.00	46:56	2:55	10	7:08	25	8:23	16.30	54:19	3:19	27		104	10:05
Rad Total	16.00	46:56												
Lauf	5.00	29:13	5:50	22	10:28	87	10:28	21.30	1:23:32	3:55	16	19:45	47	19:45
Lauf Total	21.00	1:23:32												