



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

## Detailed evaluation

Lehmann, Holger

Total time: 1:31:27

Club: Erfurt  
Number: 110

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

Rank in course/Total: 79 (of 122)  
Rank in course/Men: 73 (of 105)  
Best time in course: 1:03:47

Category:  
Senioren 1, TM 40

Rank in category: 25(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	8:17	27:36	31	3:28	86	3:36	0.30	8:17	27:36	38	0:49	106	3:21
Schwimmen Total	0.30	8:17												
Rad	16.00	55:14	3:27	25	14:39	71	16:41	16.30	1:03:31	3:53	38	2:34	104	19:17
Rad Total	16.00	55:14												
Lauf	5.00	27:56	5:35	27	7:26	77	9:11	21.30	1:31:27	4:17	25	21:35	73	27:40
Lauf Total	21.00	1:31:27												