



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

## Detailed evaluation

**Koch, Dominik**

**Total time: 1:03:47**

Club: TV Barchfeld

Number: 225

Course: 21.30 km

Rank in course/Total: 1 (of 122)

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

Rank in course/Men: 1 (of 105)

Best time in course: 1:03:47

Category:

Rank in category: 1(of 27)

AK 2, TM 30

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	5:14	17:26	4	0:33	8	0:33	0.30	5:14	17:26	28		49	0:18
Schwimmen Total	0.30	5:14												
Rad	16.00	39:48	2:29	1	-	3	1:15	16.30	45:02	2:45	27		104	0:48
Rad Total	16.00	39:48												
Lauf	5.00	18:45	3:45	1	-	1	-	21.30	1:03:47	2:59	1	-	1	-
Lauf Total	21.00	1:03:47												