



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Schwarz, Michael

Total time: 1:09:42

Club: MTV Gifhorn

Number: 102

Course: 21.30 km

Rank in course/Total: 7 (of 122)

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

Rank in course/Men: 7 (of 105)

Best time in course: 1:03:47

Category:

Rank in category: 4(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	5:11	17:16	3	0:30	6	0:30	0.30	5:11	17:16	28		106	0:15
Schwimmen Total	0.30	5:11												
Rad	16.00	42:13	2:38	4	2:25	8	3:40	16.30	47:24	2:54	27		104	3:10
Rad Total	16.00	42:13												
Lauf	5.00	22:18	4:27	4	3:33	15	3:33	21.30	1:09:42	3:16	4	5:55	7	5:55
Lauf Total	21.00	1:09:42												