



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

## Detailed evaluation

**Bischof, Falko**

**Total time: 1:26:29**

Club: LAUF MIT BLEIB FIT

Number: 149

Course: 21.30 km

Rank in course/Total: 59 (of 122)

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

Rank in course/Men: 56 (of 105)

Best time in course: 1:03:47

Category:

Rank in category: 19(of 37)

Senioren 1, TM 40

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	7:57	26:30	28	3:08	77	3:16	0.30	7:57	26:30	38	0:29	106	3:01
Schwimmen Total	0.30	7:57												
Rad	16.00	51:41	3:13	17	11:06	50	13:08	16.30	59:38	3:39	38		104	15:24
Rad Total	16.00	51:41												
Lauf	5.00	26:51	5:22	23	6:21	67	8:06	21.30	1:26:29	4:03	19	16:37	56	22:42
Lauf Total	21.00	1:26:29												