



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Gaßmann, Frank

Total time: 1:22:05

Club: BC Henkelreißer Ilmenau
Number: 169

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

Rank in course/Total: 42 (of 122)
Rank in course/Men: 42 (of 105)
Best time in course: 1:03:47

Category:
Senioren 1, TM 40

Rank in category: 13(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	6:58	23:13	19	2:09	53	2:17	0.30	6:58	23:13	38		106	2:02
Schwimmen Total	0.30	6:58												
Rad	16.00	49:08	3:04	11	8:33	39	10:35	16.30	56:06	3:26	38		104	11:52
Rad Total	16.00	49:08												
Lauf	5.00	25:59	5:11	19	5:29	57	7:14	21.30	1:22:05	3:51	13	12:13	42	18:18
Lauf Total	21.00	1:22:05												