



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

## Detailed evaluation

**Moors, Steffen**

**Total time: 1:07:19**

Club: Kallmerode

Number: 228

Course: 21.30 km

Rank in course/Total: 5 (of 122)

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

Rank in course/Men: 5 (of 105)

Best time in course: 1:03:47

Category:

Rank in category: 2(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	4:41	15:36	1	-	1	-	0.30	4:41	15:36	28		106	
Schwimmen Total	0.30	4:41												
Rad	16.00	41:02	2:33	3	1:14	7	2:29	16.30	45:43	2:48	27		104	1:29
Rad Total	16.00	41:02												
Lauf	5.00	21:36	4:19	2	2:51	8	2:51	21.30	1:07:19	3:09	2	3:32	5	3:32
Lauf Total	21.00	1:07:19												