



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

## Detailed evaluation

**Karlowsky, Michael**

**Total time: 1:10:04**

Club: Dresden

Number: 123

Course: 21.30 km

Rank in course/Total: 9 (of 122)

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

Rank in course/Men: 9 (of 105)

Best time in course: 1:03:47

Category:

Rank in category: 2(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	6:45	22:30	16	1:56	43	2:04	0.30	6:45	22:30	38		106	1:49
Schwimmen Total	0.30	6:45												
Rad	16.00	40:35	2:32	1	-	5	2:02	16.30	47:20	2:54	38		104	3:06
Rad Total	16.00	40:35												
Lauf	5.00	22:44	4:32	9	2:14	25	3:59	21.30	1:10:04	3:17	2	0:12	9	6:17
Lauf Total	21.00	1:10:04												