



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

## Detailed evaluation

**Ebner, Thomas**

**Total time: 1:27:49**

Club: Wien

Number: 159

Course: 21.30 km

Rank in course/Total: 68 (of 122)

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

Rank in course/Men: 64 (of 105)

Best time in course: 1:03:47

Category:

Rank in category: 18(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	8:00	26:40	22	3:19	79	3:19	0.30	8:00	26:40	5	0:43	106	3:04
Schwimmen Total	0.30	8:00												
Rad	16.00	53:40	3:21	17	13:52	60	15:07	16.30	1:01:40	3:46	27	6:57	104	17:26
Rad Total	16.00	53:40												
Lauf	5.00	26:09	5:13	16	7:24	61	7:24	21.30	1:27:49	4:07	18	24:02	64	24:02
Lauf Total	21.00	1:27:49												