



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Frank, Jörg

Total time: 1:15:54

Club: Team Steffan Wobbe

Number: 207

Course: 21.30 km

Rank in course/Total: 23 (of 122)

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

Rank in course/Men: 23 (of 105)

Best time in course: 1:03:47

Category:

Rank in category: 7(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	6:30	21:40	12	1:41	35	1:49	0.30	6:30	21:40	38		106	1:34
Schwimmen Total	0.30	6:30												
Rad	16.00	46:12	2:53	5	5:37	22	7:39	16.30	52:42	3:13	38		104	8:28
Rad Total	16.00	46:12												
Lauf	5.00	23:12	4:38	11	2:42	30	4:27	21.30	1:15:54	3:33	7	6:02	23	12:07
Lauf Total	21.00	1:15:54												