



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Hezel, Wolfgang

Total time: 1:18:02

Club: LTV Erfurt e.V.

Number: 199

Course: 21.30 km

Rank in course/Total: 32 (of 122)

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

Rank in course/Men: 32 (of 105)

Best time in course: 1:03:47

Category:

Rank in category: 10(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	47:34	2:58	8	6:59	31	9:01	16.30	54:04	3:19	38		104	9:50
Rad Total	16.00	47:34												
Lauf	5.00	23:58	4:47	12	3:28	36	5:13	21.30	1:18:02	3:39	10	8:10	32	14:15
Lauf Total	21.00	1:18:02												