



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Elsner, Wolfgang

Total time: 1:30:44

Club: VfB Fallersleben

Number: 158

Course: 21.30 km

Rank in course/Total: 78 (of 122)

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

Rank in course/Men: 72 (of 105)

Best time in course: 1:03:47

Category:

Rank in category: 10(of 14)

Senioren 2, TM 50

Best time in the category: 1:04:52

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	7:55	26:23	10	2:22	76	3:14	0.30	7:55	26:23	15	1:29	106	2:59
Schwimmen Total	0.30	7:55												
Rad	16.00	55:45	3:29	11	16:24	74	17:12	16.30	1:03:40	3:54	15	14:28	30	19:26
Rad Total	16.00	55:45												
Lauf	5.00	27:04	5:24	11	7:06	72	8:19	21.30	1:30:44	4:15	10	25:52	72	26:57
Lauf Total	21.00	1:30:44												