



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

## Detailed evaluation

Holz, Enrico

Total time: 1:23:09

Club: Jena

Number: 190

Course: 21.30 km

Rank in course/Total: 46 (of 122)

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

Rank in course/Men: 45 (of 105)

Best time in course: 1:03:47

Category:

Rank in category: 15(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	6:37	22:03	10	1:56	40	1:56	0.30	6:37	22:03	28		106	1:41
Schwimmen Total	0.30	6:37												
Rad	16.00	50:16	3:08	15	10:28	44	11:43	16.30	56:53	3:29	27	2:10	104	12:39
Rad Total	16.00	50:16												
Lauf	5.00	26:16	5:15	17	7:31	62	7:31	21.30	1:23:09	3:54	15	19:22	45	19:22
Lauf Total	21.00	1:23:09												