



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

## Detailed evaluation

**Ernst, Karl-Heinz**

**Total time: 1:32:53**

Club: Goldbach

Number: 164

Course: 21.30 km

Rank in course/Total: 85 (of 122)

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

Rank in course/Men: 79 (of 105)

Best time in course: 1:03:47

Category:

Rank in category: 12(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	8:21	27:49	11	2:48	87	3:40	0.30	8:21	27:49	15	1:55	106	3:25
Schwimmen Total	0.30	8:21												
Rad	16.00	55:41	3:28	10	16:20	73	17:08	16.30	1:04:02	3:55	15	14:50	104	19:48
Rad Total	16.00	55:41												
Lauf	5.00	28:51	5:46	13	8:53	84	10:06	21.30	1:32:53	4:21	12	28:01	79	29:06
Lauf Total	21.00	1:32:53												