



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 | | | | | | | | | | | | |