



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

## Detailed evaluation

**Bock, Marco**

**Total time: 1:26:05**

Club: Waltershausen

Number: 191

Course: 21.30 km

Rank in course/Total: 57 (of 122)

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

Rank in course/Men: 55 (of 105)

Best time in course: 1:03:47

Category:

Rank in category: 18(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.30	6:26	21:26	10	1:37	32	1:45	0.30	6:26	21:26	38		106	1:30
Schwimmen Total	0.30	6:26												
Rad	16.00	54:07	3:22	23	13:32	64	15:34	16.30	1:00:33	3:42	38		104	16:19
Rad Total	16.00	54:07												
Lauf	5.00	25:32	5:06	17	5:02	50	6:47	21.30	1:26:05	4:02	18	16:13	55	22:18
Lauf Total	21.00	1:26:05												