



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Nothnagel, Uwe

Total time: 1:22:13

Club: Fitnessoase-Ohrdruf
Number: 214

Course: 21.30 km
Einzel Cross Triathlon (0.3/16,0/5,0 km)

Rank in course/Total: 43 (of 122)
Rank in course/Men: 43 (of 105)
Best time in course: 1:03:47

Category:
Senioren 1, TM 40

Rank in category: 14(of 37)
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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.30	6:28	21:33	11	1:39	34	1:47	0.30	6:28	21:33	38		106	1:32
Schwimmen Total	0.30	6:28												
Rad	16.00	49:12	3:04	12	8:37	40	10:39	16.30	55:40	3:24	38		104	11:26
Rad Total	16.00	49:12												
Lauf	5.00	26:33	5:18	22	6:03	65	7:48	21.30	1:22:13	3:51	14	12:21	43	18:26
Lauf Total	21.00	1:22:13												