



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

## Detailed evaluation

Hermann, Jan

Total time: 1:22:01

Club: Fitnessoase-Ohrdruf  
Number: 215

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

Rank in course/Total: 41 (of 122)  
Rank in course/Men: 41 (of 105)  
Best time in course: 1:03:47

Category:  
AK 2, TM 30

Rank in category: 14(of 27)  
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	6:49	22:43	13	2:08	45	2:08	0.30	6:49	22:43	28		60	1:53
Schwimmen Total	0.30	6:49												
Rad	16.00	48:49	3:03	13	9:01	36	10:16	16.30	55:38	3:24	27	0:55	104	11:24
Rad Total	16.00	48:49												
Lauf	5.00	26:23	5:16	18	7:38	63	7:38	21.30	1:22:01	3:51	14	18:14	41	18:14
Lauf Total	21.00	1:22:01												