



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

## Detailed evaluation

Krüger, Mike

Total time: 1:09:06

Club: TSV Ebg./ Intensivpflege Ruhwedel  
Number: 133

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

Rank in course/Total: 6 (of 122)  
Rank in course/Men: 6 (of 105)  
Best time in course: 1:03:47

Category:  
AK 2, TM 30

Rank in category: 3(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	5:21	17:49	6	0:40	10	0:40	0.30	5:21	17:49	28		106	0:25
Schwimmen Total	0.30	5:21												
Rad	16.00	40:52	2:33	2	1:04	6	2:19	16.30	46:13	2:50	27		104	1:59
Rad Total	16.00	40:52												
Lauf	5.00	22:53	4:34	8	4:08	27	4:08	21.30	1:09:06	3:14	3	5:19	6	5:19
Lauf Total	21.00	1:09:06												