



11. Cross Triathlon Friedrichroda
Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Nendzynski, Frank

Total time: 1:43:30

Club: ZSG Grün-Weiß Waltershausen
Number: 138

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

Rank in course/Total: 106 (of 122)
Rank in course/Men: 94 (of 105)
Best time in course: 1:03:47

Category:
Senioren 1, TM 40

Rank in category: 35(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	9:04	30:13	37	4:15	100	4:23	0.30	9:04	30:13	38	1:36	106	4:08
Schwimmen Total	0.30	9:04												
Rad	16.00	1:03:47	3:59	34	23:12	93	25:14	16.30	1:12:51	4:28	38	11:54	104	28:37
Rad Total	16.00	1:03:47												
Lauf	5.00	30:39	6:07	34	10:09	93	11:54	21.30	1:43:30	4:51	35	33:38	94	39:43
Lauf Total	21.00	1:43:30												