



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Burghardt, Heiko

Total time: 1:37:10

Club: Sindbad`s Attacke
Number: 165

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

Rank in course/Total: 94 (of 122)
Rank in course/Men: 86 (of 105)
Best time in course: 1:03:47

Category:
Senioren 1, TM 40

Rank in category: 29(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	7:50	26:06	27	3:01	75	3:09	0.30	7:50	26:06	38	0:22	106	2:54
Schwimmen Total	0.30	7:50												
Rad	16.00	59:55	3:44	28	19:20	83	21:22	16.30	1:07:45	4:09	38	6:48	104	23:31
Rad Total	16.00	59:55												
Lauf	5.00	29:25	5:53	32	8:55	88	10:40	21.30	1:37:10	4:33	29	27:18	86	33:23
Lauf Total	21.00	1:37:10												