



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

## Detailed evaluation

Karlowsky, Stefan

Total time: 1:47:17

Club: Jena

Number: 124

Course: 21.30 km

Rank in course/Total: 114 (of 122)

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

Rank in course/Men: 100 (of 105)

Best time in course: 1:03:47

Category:

Rank in category: 14(of 15)

AK 1, TM 20

Best time in the category: 1:06:06

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	9:32	31:46	14	4:36	101	4:51	0.30	9:32	31:46	16	4:36	106	4:36
Schwimmen Total	0.30	9:32												
Rad	16.00	1:05:47	4:06	14	27:14	99	27:14	16.30	1:15:19	4:37	15	31:05	104	31:05
Rad Total	16.00	1:05:47												
Lauf	5.00	31:58	6:23	14	10:06	97	13:13	21.30	1:47:17	5:02	14	41:11	100	43:30
Lauf Total	21.00	1:47:17												