



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Hollander, Sven

Total time: 1:09:52

Club: ZSG Waltershausen

Number: 132

Course: 21.30 km

Rank in course/Total: 8 (of 122)

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

Rank in course/Men: 8 (of 105)

Best time in course: 1:03:47

Category:

Rank in category: 1(of 37)

Senioren 1, TM 40

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	6:03	20:10	7	1:14	25	1:22	0.30	6:03	20:10	38		106	1:07
Schwimmen Total	0.30	6:03												
Rad	16.00	43:19	2:42	2	2:44	13	4:46	16.30	49:22	3:01	38		104	5:08
Rad Total	16.00	43:19												
Lauf	5.00	20:30	4:05	1	-	4	1:45	21.30	1:09:52	3:16	1	-	8	6:05
Lauf Total	21.00	1:09:52												