



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Bähring, Stefan

Total time: 1:32:43

Club: www.bikebrother.de

Number: 186

Course: 21.30 km

Rank in course/Total: 84 (of 122)

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

Rank in course/Men: 78 (of 105)

Best time in course: 1:03:47

Category:

Rank in category: 21(of 27)

AK 2, TM 30

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	8:25	28:03	25	3:44	92	3:44	0.30	8:25	28:03	28	1:08	106	3:29
Schwimmen Total	0.30	8:25												
Rad	16.00	54:17	3:23	20	14:29	66	15:44	16.30	1:02:42	3:50	27	7:59	104	18:28
Rad Total	16.00	54:17												
Lauf	5.00	30:01	6:00	23	11:16	90	11:16	21.30	1:32:43	4:21	21	28:56	78	28:56
Lauf Total	21.00	1:32:43												