



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

## Detailed evaluation

Hellmich, Marc

Total time: 1:27:27

Club: Suhl

Number: 209

Course: 21.30 km

Rank in course/Total: 64 (of 122)

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

Rank in course/Men: 61 (of 105)

Best time in course: 1:03:47

Category:

Rank in category: 7(of 8)

Triathlon Jugend männlich bis 19 Jahre

Best time in the category: 1:06:41

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	8:04	26:53	7	2:43	81	3:23	0.30	8:04	26:53	9	2:36	106	3:08
Schwimmen Total	0.30	8:04												
Rad	16.00	52:31	3:16	7	12:23	53	13:58	16.30	1:00:35	3:43	9	7:57	104	16:21
Rad Total	16.00	52:31												
Lauf	5.00	26:52	5:22	8	6:53	69	8:07	21.30	1:27:27	4:06	7	20:46	61	23:40
Lauf Total	21.00	1:27:27												