



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Küfner, Stephan

Total time: 1:33:04

Club: Erfurt
Number: 185

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

Rank in course/Total: 86 (of 122)
Rank in course/Men: 80 (of 105)
Best time in course: 1:03:47

Category:
AK 2, TM 30

Rank in category: 22(of 27)
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	8:01	26:43	23	3:20	80	3:20	0.30	8:01	26:43	28	0:44	106	3:05
Schwimmen Total	0.30	8:01												
Rad	16.00	59:39	3:43	22	19:51	82	21:06	16.30	1:07:40	4:09	27	12:57	104	23:26
Rad Total	16.00	59:39												
Lauf	5.00	25:24	5:04	13	6:39	49	6:39	21.30	1:33:04	4:22	22	29:17	80	29:17
Lauf Total	21.00	1:33:04												