



11. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Misson Gold

Total time: 3:06:12

Number: 518

Course: 38.60 km

Staffel Cross Triathlon (0.6/28,0/10,0 km)

Rank in course: 29 (of 46)

Best time in course: 2:10:59

Category:

Cross Triathlon Staffel

Rank in category: 29(of 46)

Best time in the category: 2:10:59

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Schwimmen	0.60	16:41	27:48	39	6:19	39	6:19	0.60	16:41	27:48	36	4:00	36	4:00
Schwimmen Total	0.60	16:41												
Rad	28.00	2:04:13	4:26	33	1:04:07	33	1:04:07	28.60	2:20:54	4:55	46	6:03	46	6:03
Rad Total	28.00	2:04:13												
Lauf	10.00	45:18	4:31	15	10:27	15	10:27	38.60	3:06:12	4:49	31	1:13:15	31	1:13:15
Lauf Total	38.00	3:06:12												