



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Koch, Siegfried

Total time: 1:54:07

Club: TV Barchfeld

Number: 226

Course: 29.40 km

Rank in course/Total: 114 (of 172)

Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Men: 107 (of 146)

Best time in course: 1:25:53

Category:

Rank in category: 2(of 3)

AK 60 männlich

Best time in the category: 1:47:25

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Schwimmen	0.40	9:58	24:54	2	1:18	96	4:02	0.40	9:58	24:54	4	1:18	147	2:11
Rad	23.00	1:08:30	2:58	2	4:43	98	15:48	23.40	1:18:28	3:21	4	6:01	144	13:20
Lauf	6.00	35:39	5:56	2	0:41	112	11:56	29.40	1:54:07	3:52	2	6:42	107	28:14