



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Dirkes, Siegfried

Total time: 1:51:59

Club: Triathlon Friedrichroda

Number: 121

Course: 29.40 km

Rank in course/Total: 105 (of 172)

Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Men: 98 (of 146)

Best time in course: 1:25:53

Category:

Rank in category: 11(of 20)

AK 50 männlich

Best time in the category: 1:26:19

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Schwimmen	0.40	8:01	20:02	5	1:51	31	2:05	0.40	8:01	20:02	21			147	0:14
Rad	23.00	1:09:03	3:00	13	14:41	101	16:21	23.40	1:17:04	3:17	21			144	11:56
Lauf	6.00	34:55	5:49	12	9:46	99	11:12	29.40	1:51:59	3:48	11	25:40		98	26:06