



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  
 Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Total: 105 (of 172)  
 Rank in course/Men: 98 (of 146)  
 Best time in course: 1:25:53

Category:  
 AK 50 männlich

Rank in category: 11(of 20)  
 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. | 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      |