



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

## Detailed evaluation

**Dirkes, Siegfried**

**Total time: 1:20:11**

Club: Triathlon Friedrichroda

Number: 101

Course: 21.30 km

Rank in course/Total: 38 (of 122)

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

Rank in course/Men: 38 (of 105)

Best time in course: 1:03:47

Category:

Rank in category: 4(of 14)

Senioren 2, TM 50

Best time in the category: 1:04:52

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	6:10	20:33	3	0:37	26	1:29	0.30	6:10	20:33	15		106	1:14
Schwimmen Total	0.30	6:10												
Rad	16.00	48:56	3:03	4	9:35	37	10:23	16.30	55:06	3:22	15	5:54	104	10:52
Rad Total	16.00	48:56												
Lauf	5.00	25:05	5:00	6	5:07	43	6:20	21.30	1:20:11	3:45	4	15:19	38	16:24
Lauf Total	21.00	1:20:11												