



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

## Detailed evaluation

**Blumenstein, Dirk**

**Total time: 3:00:58**

Club: SBR-Spangenberg  
Number: 367

Course: 38.60 km  
XTERRA Thüringen (0,6/28,0/10,0 km)

Rank in course/Total: 48 (of 82)

Rank in course/Men: 45 (of 78)

Best time in course: 2:05:51

Category:

Rank in category: 12(of 21)

Senioren 1, TM 40

Best time in the category: 2:06:52

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	0.60	11:53	19:48	6	5:00	32	7:10	0.60	11:53	19:48	22		78	1:54
Schwimmen Total	0.60	11:53												
Rad	28.00	2:01:19	4:19	14	42:07	57	1:10:28	28.60	2:13:12	4:39	21		77	12:41
Rad Total	28.00	2:01:19												
Lauf	10.00	47:46	4:46	6	9:31	24	35:03	38.60	3:00:58	4:41	12	54:06	46	1:37:43
Lauf Total	38.00	3:00:58												