



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Ropohl, Dirk

Total time: 1:27:23

Club: Freiburg

Number: 179

Course: 21.30 km

Rank in course/Total: 63 (of 122)

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

Rank in course/Men: 60 (of 105)

Best time in course: 1:03:47

Category:

Rank in category: 21(of 37)

Senioren 1, TM 40

Best time in the category: 1:09:52

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	6:15	20:50	9	1:26	28	1:34	0.30	6:15	20:50	38		106	1:19
Schwimmen Total	0.30	6:15												
Rad	16.00	54:42	3:25	24	14:07	68	16:09	16.30	1:00:57	3:44	1	-	104	16:43
Rad Total	16.00	54:42												
Lauf	5.00	26:26	5:17	21	5:56	64	7:41	21.30	1:27:23	4:06	21	17:31	60	23:36
Lauf Total	21.00	1:27:23												