



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

## Detailed evaluation

**Koch, Siegfried**

**Total time: 1:29:38**

Club: TV Barchfeld

Number: 180

Course: 21.30 km

Rank in course/Total: 74 (of 122)

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

Rank in course/Men: 69 (of 105)

Best time in course: 1:03:47

Category:

Rank in category: 1(of 3)

Senioren 3, TM 60

Best time in the category: 1:29:38

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	7:25	24:43	1	-	65	2:44	0.30	7:25	24:43	1	-	106	2:29
Schwimmen Total	0.30	7:25												
Rad	16.00	53:07	3:19	1	-	56	14:34	16.30	1:00:32	3:42	1	-	104	16:18
Rad Total	16.00	53:07												
Lauf	5.00	29:06	5:49	1	-	85	10:21	21.30	1:29:38	4:12	1	-	69	25:51
Lauf Total	21.00	1:29:38												