



12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

Detailed evaluation

Dirkes, Siegfried

Total time: 1:20:12

Club: Triathlon Friedrichroda

Number: 154

Course: 20.30 km

Rank in course/Total: 44 (of 133)

Cross Triathlon (0.3/15,0/5,0 km)

Rank in course/Men: 44 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 3(of 15)

AK 50 männlich

Best time in the category: 1:15:23

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Total ranking				
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Schwimmen	0.30	5:39	18:50	2	0:10	21	1:28	0.30	5:39	18:50	16			110	
Rad	15.00	49:44	3:18	5	2:36	47	11:05	15.30	55:23	3:37	16			109	6:45
Lauf	5.00	24:49	4:57	6	4:06	55	6:21	20.30	1:20:12	3:57	3	4:49		44	14:54