



12. Powertriathlon Gera

Gera / 14.05.2006

Detailed evaluation

Berndt, Roland

Total time: 1:21:38

Club: SV Erbkönig Jena

Number: 144

Course: 21.70 km

Rank in course/Total: 36 (of 48)

Jugend- ,Junioren- ,Jedermanntriathlon 0,7-16-5

Rank in course/Men: 29 (of 34)

Best time in course: 55:54

Category:

Rank in category: 17(of 22)

männl. Jedermann

Best time in the category: 1:01:58

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total ranking		
						Pos Men	Behind Men	km	Time	km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.70	17:43	0.00	12	6:42	15	7:55	0.70	17:43	0.00	6		6	
Rad	16.00	32:52	29.21	13	7:18	17	9:17	16.70	50:35	18.98	7	1:02	7	1:46
Lauf	5.00	31:03	9.66	12	4:01	17	8:32	21.70	1:21:38	15.43	17	19:40	29	25:44