



24. stz-Werrataltriathlon

Naherholungszentrum Immelborn / 09.08.2009

Detailed evaluation

Frohl, Jochen

Total time: 58:01

Club: Cross Triathlon Friedrichroda

Number: 259

Course: 15.00 km

Rank in course/Total: 12 (of 55)

Jedermann Triathlon 0,4-9,2-5

Rank in course/Men: 12 (of 42)

Best time in course: 50:52

Category:

Rank in category: 6(of 24)

Senioren

Best time in the category: 53:05

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total		Total km/h	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Schwimmen	0.40	10:41	0.00	11	3:19	28	3:19	0.40	10:41	0.00	20	0:31	22	
Rad	9.20	22:11	24.34	3	1:23	6	1:23	9.60	32:52	16.43	19		21	
Lauf	5.40	25:09	11.93	4	1:27	10	3:20	15.00	58:01	15.51	6	4:56	12	7:09