



9. Cross Triathlon Friedrichroda

99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Krzyzak, Roman

Total time: 2:10:13

Club: SG Brühl

Number: 138

Course: 29.40 km

Rank in course/Total: 118 (of 132)

Einzel Cross (0.4 / 23.0 / 6.0)

Rank in course/Men: 104 (of 113)

Best time in course: 1:21:31

Category:

Rank in category: 2(of 4)

Triathlon Männer AK60

Best time in the category: 1:47:58

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Schwimmen	0.40	10:06	25:14	2	0:28	86	4:21	0.40	10:06	25:14	5		114	2:45
Rad	23.00	1:14:58	3:15	2	9:34	98	11:14:58	23.40	1:25:04	3:38	5	9:30	112	18:40
Lauf	6.00	45:09	7:31	3	12:45	109	20:17	29.40	2:10:13	4:25	2	22:15	104	48:42