



9. Cross Triathlon Friedrichroda
 99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Nendzynski, Frank

Total time: 2:13:25

Club: Schachclub Waltershausen
 Number: 155

Course: 29.40 km
 Einzel Cross (0.4 / 23.0 / 6.0)

Rank in course/Total: 122 (of 132)
 Rank in course/Men: 108 (of 113)
 Best time in course: 1:21:31

Category:
 Triathlon Männer AK40

Rank in category: 36(of 38)
 Best time in the category: 1:26:15

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	0.40	11:27	28:37	38	4:36	112	5:42	0.40	11:27	28:37	39	0:52	114	4:06
Rad	23.00	1:21:36	3:32	38	1:21:36	112	1:21:36	23.40	1:33:03	3:58	13	11:05	112	26:39
Lauf	6.00	40:22	6:43	35	15:07	97	15:30	29.40	2:13:25	4:32	36	47:10	108	51:54