



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Zeh, Alexander

Total time: 2:01:43

Club: Wacker 03 Gotha

Number: 215

Course: 29.40 km

Rank in course/Total: 103 (of 132)

Einzel Cross (0.4 / 23.0 / 6.0)

Rank in course/Men: 94 (of 113)

Best time in course: 1:21:31

Category:

Rank in category: 35(of 38)

Triathlon Männer AK40

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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.40	9:09	22:52	21	2:18	60	3:24	0.40	9:09	22:52	39		114	1:48
Rad	23.00	1:13:44	3:12	35	11:13:44	96	11:13:44	23.40	1:22:53	3:32	38	0:55	112	16:29
Lauf	6.00	38:50	6:28	34	13:35	92	13:58	29.40	2:01:43	4:08	35	35:28	94	40:12