



9. Cross Triathlon Friedrichroda

99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Grönling, André

Total time: 2:11:26

Club: Gotha
Number: 178

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

Rank in course/Total: 120 (of 132)
Rank in course/Men: 106 (of 113)
Best time in course: 1:21:31

Category:
Triathlon Männer AK30

Rank in category: 34(of 35)
Best time in the category: 1:23:47

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	9:25	23:32	27	2:30	70	3:40	0.40	9:25	23:32	36	1:53	114	2:04
Rad	23.00	1:19:27	3:27	34	1:19:27	108	1:19:27	23.40	1:28:52	3:47	35	11:42	112	22:28
Lauf	6.00	42:34	7:05	32	17:42	105	17:42	29.40	2:11:26	4:28	34	47:39	106	49:55