



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Sänger, Matthias

Total time: 1:31:59

Club: RSC Waltershausen-Gotha
Number: 175

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

Rank in course/Total: 9 (of 132)

Rank in course/Men: 9 (of 113)

Best time in course: 1:21:31

Category:

Rank in category: 1(of 15)

Triathlon Männer AK50

Best time in the category: 1:31:59

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	8:03	20:07	1	-	23	2:18	0.40	8:03	20:07	16	-	114	0:42
Rad	23.00	54:52	2:23	1	-	10	54:52	23.40	1:02:55	2:41	16	-	112	
Lauf	6.00	29:04	4:50	2	0:19	13	4:12	29.40	1:31:59	3:07	1	-	9	10:28