



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Ramming, Dr. Klaus

Total time: 2:10:22

Club: Allendorf

Number: 236

Course: 29.40 km

Rank in course/Total: 119 (of 132)

Einzel Cross (0.4 / 23.0 / 6.0)

Rank in course/Men: 105 (of 113)

Best time in course: 1:21:31

Category:

Rank in category: 14(of 15)

Triathlon Männer AK50

Best time in the category: 1:31:59

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	8:50	22:04	4	0:47	50	3:05	0.40	8:50	22:04	16	0:12	114	1:29
Rad	23.00	1:21:03	3:31	15	26:11	110	11:21:03	23.40	1:29:53	3:50	16	24:11	112	23:29
Lauf	6.00	40:29	6:44	12	11:44	98	15:37	29.40	2:10:22	4:26	14	38:23	105	48:51