



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Sittig, Bert

Club: Gierstädt / Thüringen

Number: 309

Course: 55.80 km

XL-Cross (0.8 / 45.0 / 10.0)

Category:

Triathlon Männer AK30

Rank in course/Total: DNF (of 46)

Rank in course/Men: DNF (of 40)

Best time in course: 2:40:33

Rank in category: DNF(of 13)

Best time in the category: 3:02:19

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	0.80	14:48	18:30	2	0:20	8	2:09	0.80	14:48	18:30	1	-	41	
Rad	45.00	2:20:41	3:07	13	27:37	36	13:20:41	45.80	2:35:29	3:23	1	-	40	0:25
Lauf	10.00		-78:00	1	-	1	-	55.80	-	-	-	-	-	-