



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Kühmel, Matthias

Total time: 3:01:55

Club: Triathlon Friedrichroda  
Number: 316

Course: 55.80 km  
XL-Cross (0.8 / 45.0 / 10.0)

Rank in course/Total: 6 (of 46)  
Rank in course/Men: 6 (of 40)  
Best time in course: 2:40:33

Category:  
Triathlon Männer AK40

Rank in category: 2(of 13)  
Best time in the category: 2:49:28

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	0.80	16:57	21:11	7	3:12	19	4:18	0.80	16:57	21:11	14			41
Rad	45.00	1:46:22	2:21	3	1:46:22	5	1:46:22	45.80	2:03:19	2:41	13	4:20		40
Lauf	10.00	58:36	5:51	7	8:07	22	58:36	55.80	3:01:55	3:15	3	1:23:49	7	1:23:49