



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 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	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	12:46:22	5	12:46:22	45.80	2:03:19	2:41	13	4:20		40
Lauf	10.00	58:36	5:51	7	8:07	22	13:58:36	55.80	3:01:55	3:15	3	1:23:49	7	1:23:49