



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Ragoß, Daniel

Total time: 2:58:18

Club: NSV Wernigerode  
Number: 335

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

Rank in course/Total: 5 (of 46)  
Rank in course/Men: 5 (of 40)  
Best time in course: 2:40:33

Category:  
Triathlon Männer AK20

Rank in category: 4(of 11)  
Best time in the category: 2:40:33

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	16:03	20:03	9	3:24	18	3:24	0.80	16:03	20:03	12	3:04	31	
Rad	45.00	1:49:25	2:25	3	9:56	6	12:49:25	45.80	2:05:28	2:44	12	12:24	40	
Lauf	10.00	52:50	5:16	6	6:52	10	13:52:50	55.80	2:58:18	3:11	4	17:45	6	1:20:12