



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Härtel, Ronny

Total time: 3:05:17

Club: HSV Weimar
Number: 342

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

Rank in course/Total: 10 (of 46)
Rank in course/Men: 10 (of 40)
Best time in course: 2:40:33

Category:
Triathlon Männer AK20

Rank in category: 5(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	15:15	19:03	6	2:36	13	2:36	0.80	15:15	19:03	12	2:16	17	
Rad	45.00	1:58:04	2:37	7	18:35	17	12:58:04	45.80	2:13:19	2:54	12	20:15	40	
Lauf	10.00	51:58	5:11	5	6:00	9	13:51:58	55.80	3:05:17	3:19	5	24:44	11	1:27:11