



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Braken, Dirk

Total time: 3:11:52

Club: Tri-4-Fun SVKT-Porta Westfalica  
Number: 320

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

Rank in course/Total: 17 (of 46)

Rank in course/Men: 17 (of 40)

Best time in course: 2:40:33

Category:

Rank in category: 8(of 13)

Triathlon Männer AK40

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.	Stage score		Total			Total ranking			
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.80	14:02	17:32	2	0:17	5	1:23	0.80	14:02	17:32	14		41	
Rad	45.00	1:56:21	2:35	7	12:56:21	14	12:56:21	45.80	2:10:23	2:50	13	11:24	40	
Lauf	10.00	1:01:29	6:08	10	11:00	26	14:01:29	55.80	3:11:52	3:26	9	1:33:46	18	1:33:46