



9. Cross Triathlon Friedrichroda
 99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Misch, Olaf

Total time: 3:19:29

Club: Morschen / Hessen
 Number: 301

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

Rank in course/Total: 23 (of 46)

Rank in course/Men: 22 (of 40)

Best time in course: 2:40:33

Category:

Rank in category: 10(of 13)

Triathlon Männer AK40

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	19:21	24:11	11	5:36	34	6:42	0.80	19:21	24:11	14	0:19	41	
Rad	45.00	2:01:01	2:41	11	2:01:01	22	2:01:01	45.80	2:20:22	3:03	13	21:23	40	
Lauf	10.00	59:07	5:54	9	8:38	24	59:07	55.80	3:19:29	3:34	11	1:41:23	23	1:41:23