



9. Cross Triathlon Friedrichroda  
 99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

**Wolf, Holger**

Club: Beilstein/ Baden-Württemberg  
 Number: 337

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

Category:  
 Triathlon Männer AK50

Rank in course/Total: DNF (of 46)

Rank in course/Men: DNF (of 40)

Best time in course: 2:40:33

Rank in category: DNF(of 3)

Best time in the category: 3:33:31

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	18:56	23:39	2	0:58	29	6:17	0.80	18:56	23:39	1	-	41	
Rad	45.00	2:13:46	2:58	1	-	34	13:13:46	45.80	2:32:42	3:20	1	-	40	
Lauf	10.00		-78:00	1	-	2	-	55.80	-	-	-	-	-	-