



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Stefan, Hufgard

Total time: 3:11:39

Club: RSG Würzburg
Number: 344

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

Rank in course/Total: 16 (of 46)
Rank in course/Men: 16 (of 40)
Best time in course: 2:40:33

Category:
Triathlon Männer AK30

Rank in category: 2(of 13)
Best time in the category: 3:02:19

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	19:42	24:37	11	5:14	35	7:03	0.80	19:42	24:37	14	4:54	41	
Rad	45.00	1:55:31	2:34	2	2:27	12	12:55:31	45.80	2:15:13	2:57	14		5	
Lauf	10.00	56:26	5:38	4	13:56:26	17	13:56:26	55.80	3:11:39	3:26	2	9:20	17	1:33:33