



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Köster, Ralf

Total time: 3:27:06

Club: Mainaschaff / Hessen
Number: 303

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

Rank in course/Total: 24 (of 46)
Rank in course/Men: 23 (of 40)
Best time in course: 2:40:33

Category:
Triathlon Männer AK30

Rank in category: 4(of 13)
Best time in the category: 3:02:19

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	15:56	19:54	3	1:28	16	3:17	0.80	15:56	19:54	14	1:08	41	
Rad	45.00	2:06:46	2:49	9	13:42	28	13:06:46	45.80	2:22:42	3:06	14		40	
Lauf	10.00	1:04:24	6:26	6	14:04:24	29	14:04:24	55.80	3:27:06	3:42	4	24:47	24	1:49:00