



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Krunig, Raik

Total time: 1:50:17

Club: PUMA AG / Bayern

Number: 110

Course: 29.40 km

Rank in course/Total: 64 (of 132)

Einzel Cross (0.4 / 23.0 / 6.0)

Rank in course/Men: 60 (of 113)

Best time in course: 1:21:31

Category:

Rank in category: 22(of 38)

Triathlon Männer AK40

Best time in the category: 1:26:15

Intermediate times

Stage score

Total ranking

| Control   | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total |         | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Total ranking |               |
|-----------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------|---------|-----------------|-------------|----------------|---------------|---------------|
|           |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | km    | Time    |                 |             |                | Pos<br>Men    | Behind<br>Men |
| Schwimmen | 0.40        | 8:59          | 22:27           | 20          | 2:08           | 56          | 3:14          | 0.40  | 8:59    | 22:27           | 39          |                | 114           | 1:38          |
| Rad       | 23.00       | 1:10:14       | 3:03            | 29          | 1:10:14        | 83          | 1:10:14       | 23.40 | 1:19:13 | 3:23            | 38          |                | 112           | 12:49         |
| Lauf      | 6.00        | 31:04         | 5:10            | 10          | 5:49           | 26          | 6:12          | 29.40 | 1:50:17 | 3:45            | 22          | 24:02          | 60            | 28:46         |