



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Stern, Sebastian

Total time: 3:29:39

Club: Erfurt  
Number: 311

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

Rank in course/Total: 26 (of 46)  
Rank in course/Men: 25 (of 40)  
Best time in course: 2:40:33

Category:  
Triathlon Männer AK30

Rank in category: 6(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	19:00	23:45	8	4:32	30	6:21	0.80	19:00	23:45	14	4:12	41	
Rad	45.00	2:01:14	2:41	4	8:10	23	2:01:14	45.80	2:20:14	3:03	4		40	
Lauf	10.00	1:09:25	6:56	9	1:09:25	34	1:09:25	55.80	3:29:39	3:45	6	27:20	26	1:51:33