



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Wojczyk, Richard

Total time: 20:33

Club: Lauffreunde Gotha  
Number: 21

Course: 5.10 km  
Einsteiger (0.1 / 4.0 / 1.0)

Rank in course/Total: 4 (of 28)

Rank in course/Men: 4 (of 19)

Best time in course: 19:06

Category:  
männliche Einsteiger AK 11-14

Rank in category: 2(of 11)

Best time in the category: 19:52

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	0.10	3:20	33:20	10	0:44	12	0:44	0.10	3:20	33:20	2	0:02	19	0:05
Rad	4.00	11:35	2:53	2	0:12	2	0:12	4.10	14:55	3:38	2	0:14	19	
Lauf	1.00	5:38	5:38	7	0:51	13	1:08	5.10	20:33	4:01	2	0:41	4	1:27