



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Scholz, Mike

Total time: 3:34:11

Club: First Fitness Bad Salzungen
Number: 306

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

Rank in course/Total: 32 (of 46)

Rank in course/Men: 30 (of 40)

Best time in course: 2:40:33

Category:

Rank in category: 9(of 13)

Triathlon Männer AK30

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	19:17	24:06	9	4:49	32	6:38	0.80	19:17	24:06	14	4:29	41	
Rad	45.00	2:02:44	2:43	6	9:40	25	13:02:44	45.80	2:22:01	3:06	14		40	
Lauf	10.00	1:12:10	7:13	11	14:12:10	36	14:12:10	55.80	3:34:11	3:50	9	31:52	31	1:56:05