



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Frohl, Jochen

Total time: 1:41:51

Club: Lauffreunde Frierichroda
Number: 144

Course: 29.40 km
Einzel Cross (0.4 / 23.0 / 6.0)

Rank in course/Total: 36 (of 132)
Rank in course/Men: 34 (of 113)
Best time in course: 1:21:31

Category:
Triathlon Männer AK50

Rank in category: 5(of 15)
Best time in the category: 1:31:59

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	0.40	9:02	22:34	6	0:59	59	3:17	0.40	9:02	22:34	16	0:24	114	1:41
Rad	23.00	1:02:12	2:42	5	7:20	42	1:02:12	23.40	1:11:14	3:02	16	5:32	112	4:50
Lauf	6.00	30:37	5:06	4	1:52	22	5:45	29.40	1:41:51	3:27	5	9:52	34	20:20