



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Kießling, Jonas

Total time: 23:01

Club: Gotha

Number: 39

Course: 5.10 km

Rank in course/Total: 11 (of 28)

Einsteiger (0.1 / 4.0 / 1.0)

Rank in course/Men: 11 (of 19)

Best time in course: 19:06

Category:

Rank in category: 8(of 11)

männliche Einsteiger AK 11-14

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.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Schwimmen	0.10	2:47	27:49	3	0:11	3	0:11	0.10	2:47	27:49	9			10	
Rad	4.00	14:35	3:38	8	3:12	12	3:12	4.10	17:22	4:14	9	2:41		10	
Lauf	1.00	5:39	5:39	8	0:52	15	1:09	5.10	23:01	4:30	8	3:09		11	3:55