



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Rudel, Tillmann

Total time: 25:19

Club: LSG 80 Schmückeläufer  
Number: 16

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

Rank in course/Total: 20 (of 28)

Rank in course/Men: 17 (of 19)

Best time in course: 19:06

Category:  
männliche Einsteiger AK 11-14

Rank in category: 10(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.	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	3:18	32:59	8	0:42	10	0:42	0.10	3:18	32:59	1	-	8	0:03
Rad	4.00	15:58	3:59	10	4:35	17	4:35	4.10	19:16	4:41	10	4:35	8	1:48
Lauf	1.00	6:03	6:02	9	1:16	17	1:33	5.10	25:19	4:57	10	5:27	17	6:13