



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Köster, Alexander

Total time: 27:02

Number: 40

Course: 5.10 km

Rank in course/Total: 25 (of 28)

Einsteiger (0.1 / 4.0 / 1.0)

Rank in course/Men: 18 (of 19)

Best time in course: 19:06

Category:

Rank in category: 11(of 11)

männliche Einsteiger AK 11-14

Best time in the category: 19:52

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	0.10	3:45	37:30	11	1:09	16	1:09	0.10	3:45	37:30	11	0:27	7	0:30
Rad	4.00	16:40	4:10	11	5:17	18	5:17	4.10	20:25	4:58	11	5:44	7	2:57
Lauf	1.00	6:37	6:36	10	1:50	18	2:07	5.10	27:02	5:18	11	7:10	18	7:56