



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Köster, Alexander

Total time: 27:02

Number: 40

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

Rank in course/Total: 25 (of 28)

Rank in course/Men: 18 (of 19)

Best time in course: 19:06

Category:
männliche Einsteiger AK 11-14

Rank in category: 11(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind 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