



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Simon, Jonas

Total time: 23:04

Club: Königsluther
Number: 37

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

Rank in course/Total: 12 (of 28)

Rank in course/Men: 12 (of 19)

Best time in course: 19:06

Category:
männliche Einsteiger AK 8-10

Rank in category: 2(of 6)

Best time in the category: 19:06

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	3:22	33:39	3	0:32	13	0:46	0.10	3:22	33:39	2	0:31	20	0:07
Rad	4.00	14:05	3:31	2	2:21	9	2:42	4.10	17:27	4:15	2	2:52	20	
Lauf	1.00	5:37	5:36	4	1:06	12	1:07	5.10	23:04	4:31	2	3:58	12	3:58