



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Pfauch, Paul

Total time: 24:56

Club: Finsterbergen

Number: 26

Course: 5.10 km

Rank in course/Total: 19 (of 28)

Einsteiger (0.1 / 4.0 / 1.0)

Rank in course/Men: 16 (of 19)

Best time in course: 19:06

Category:

Rank in category: 5(of 6)

männliche Einsteiger AK 8-10

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.	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	4:25	44:09	6	1:35	19	1:49	0.10	4:25	44:09	4	1:34	20	1:10
Rad	4.00	15:00	3:45	4	3:16	15	3:37	4.10	19:25	4:44	4	4:50	20	1:57
Lauf	1.00	5:31	5:30	3	1:00	10	1:01	5.10	24:56	4:53	5	5:50	16	5:50