



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Gärtner, Rainer

Total time: 3:33:31

Club: LTV Erfurt

Number: 329

Course: 55.80 km

Rank in course/Total: 31 (of 46)

XL-Cross (0.8 / 45.0 / 10.0)

Rank in course/Men: 29 (of 40)

Best time in course: 2:40:33

Category:

Rank in category: 1(of 3)

Triathlon Männer AK50

Best time in the category: 3:33:31

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	0.80	20:38	25:47	3	2:40	37	7:59	0.80	20:38	25:47	4	1:42	1	-
Rad	45.00	2:14:26	2:59	2	0:40	35	13:14:26	45.80	2:35:04	3:23	4	2:22	1	-
Lauf	10.00	58:27	5:50	2	13:58:27	21	13:58:27	55.80	3:33:31	3:49	1	-	30	1:55:25