



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Balsam, Martin

Total time: 1:43:01

Club: SV Emsetal

Number: 142

Course: 29.40 km

Rank in course/Total: 38 (of 132)

Einzel Cross (0.4 / 23.0 / 6.0)

Rank in course/Men: 36 (of 113)

Best time in course: 1:21:31

Category:

Rank in category: 11(of 35)

Triathlon Männer AK30

Best time in the category: 1:23:47

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	0.40	9:01	22:32	21	2:06	58	3:16	0.40	9:01	22:32	36	1:29	114	1:40
Rad	23.00	1:00:56	2:38	11	1:00:56	36	1:00:56	23.40	1:09:57	2:59	35		112	3:33
Lauf	6.00	33:04	5:30	14	8:12	50	8:12	29.40	1:43:01	3:30	11	19:14	36	21:30