



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Wolf, Joachim

Total time: 3:28:35

Club: Erfurt
Number: 348

Course: 55.80 km
XL-Cross (0.8 / 45.0 / 10.0)

Rank in course/Total: 25 (of 46)
Rank in course/Men: 24 (of 40)
Best time in course: 2:40:33

Category:
Triathlon Männer AK30

Rank in category: 5(of 13)
Best time in the category: 3:02:19

| 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 | 0.80 | 17:51 | 22:18 | 6 | 3:23 | 25 | 5:12 | 0.80 | 17:51 | 22:18 | 14 | 3:03 | 41 | |
| Rad | 45.00 | 2:07:21 | 2:49 | 10 | 14:17 | 29 | 13:07:21 | 45.80 | 2:25:12 | 3:10 | 14 | | 40 | |
| Lauf | 10.00 | 1:03:23 | 6:20 | 5 | 14:03:23 | 28 | 14:03:23 | 55.80 | 3:28:35 | 3:44 | 5 | 26:16 | 25 | 1:50:29 |