



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	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	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