



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Gothe, Stefan

Total time: 3:48:41

Club: SV 05 Friedrichroda  
Number: 321

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

Rank in course/Total: 39 (of 46)  
Rank in course/Men: 35 (of 40)  
Best time in course: 2:40:33

Category:  
Triathlon Männer AK30

Rank in category: 12(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	17:15	21:33	4	2:47	21	4:36	0.80	17:15	21:33	14	2:27	41	
Rad	45.00	2:11:32	2:55	11	18:28	31	13:11:32	45.80	2:28:47	3:14	14		40	
Lauf	10.00	1:19:54	7:59	13	14:19:54	39	14:19:54	55.80	3:48:41	4:05	12	46:22	36	2:10:35