



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Stern, Sascha

Total time: 3:32:35

Club: Erfurt
Number: 310

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

Rank in course/Total: 30 (of 46)
Rank in course/Men: 28 (of 40)
Best time in course: 2:40:33

Category:
Triathlon Männer AK30

Rank in category: 8(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	23:15	29:03	13	8:47	40	10:36	0.80	23:15	29:03	14	8:27	41	2:37
Rad	45.00	2:04:51	2:46	8	11:47	27	13:04:51	45.80	2:28:06	3:14	14		40	
Lauf	10.00	1:04:29	6:26	7	14:04:29	30	14:04:29	55.80	3:32:35	3:48	8	30:16	29	1:54:29