



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Steuding, Bernd

Total time: 3:58:07

Club: Wechmar

Number: 345

Course: 55.80 km

Rank in course/Total: 41 (of 46)

XL-Cross (0.8 / 45.0 / 10.0)

Rank in course/Men: 36 (of 40)

Best time in course: 2:40:33

Category:

Rank in category: 11(of 13)

Triathlon Männer AK40

Best time in the category: 2:49:28

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	20:58	26:12	13	7:13	38	8:19	0.80	20:58	26:12	14	1:56	41	0:20
Rad	45.00	2:28:42	3:18	12	13:28:42	39	13:28:42	45.80	2:49:40	3:42	13	50:41	40	14:36
Lauf	10.00	1:08:27	6:50	11	17:58	33	14:08:27	55.80	3:58:07	4:16	12	2:20:01	37	2:20:01