



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Respondek, Steffen

Total time: 1:47:40

Club: Wachsenburggemeinde  
Number: 125

Course: 29.40 km  
Einzel Cross (0.4 / 23.0 / 6.0)

Rank in course/Total: 55 (of 132)  
Rank in course/Men: 51 (of 113)  
Best time in course: 1:21:31

Category:  
Triathlon Männer AK40

Rank in category: 18(of 38)  
Best time in the category: 1:26:15

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	0.40	9:14	23:04	22	2:23	63	3:29	0.40	9:14	23:04	39		114	1:53
Rad	23.00	1:04:56	2:49	20	11:04:56	55	11:04:56	23.40	1:14:10	3:10	38		112	7:46
Lauf	6.00	33:30	5:34	19	8:15	54	8:38	29.40	1:47:40	3:39	18	21:25	51	26:09