



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Stukowski, Manfred

Total time: 1:53:22

Club: Mühlhausen

Number: 104

Course: 29.40 km

Rank in course/Total: 74 (of 132)

Einzel Cross (0.4 / 23.0 / 6.0)

Rank in course/Men: 69 (of 113)

Best time in course: 1:21:31

Category:

Rank in category: 6(of 15)

Triathlon Männer AK50

Best time in the category: 1:31:59

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Total ranking			
						Pos Men	Behind Men				Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.40	9:27	23:37	7	1:24	71	3:42	0.40	9:27	23:37	16	0:49	114	2:06
Rad	23.00	1:08:46	2:59	7	13:54	74	11:08:46	23.40	1:18:13	3:20	16	12:31	112	11:49
Lauf	6.00	35:09	5:51	6	6:24	61	10:17	29.40	1:53:22	3:51	6	21:23	69	31:51