



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Sauer, Dirk

Total time: 1:33:07

Club: Lauffreunde Geba

Number: 186

Enduro U13

Rank in course/Total: 11 (of 132)

Rank in course/Men: 11 (of 113)

Best time in course: 1:21:31

Category:

Rank in category: 3(of 38)

Triathlon Männer AK40

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.	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	9:15	23:07	23	2:24	64	3:30	0.40	9:15	23:07	39		114	1:54
Rad	23.00	55:18	2:24	4	10:55:18	12	10:55:18	23.40	1:04:33	2:45	38		112	
Lauf	6.00	28:34	4:45	5	3:19	10	3:42	-	1:33:07	-	3	6:52	11	11:36