



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Sauer, Dirk

Total time: 1:33:07

Club: Lauffreunde Geba  
Number: 186

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

Rank in course/Total: 11 (of 132)  
Rank in course/Men: 11 (of 113)  
Best time in course: 1:21:31

Category:  
Triathlon Männer AK40

Rank in category: 3(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	9:15	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	29.40	1:33:07	3:10	3	6:52	11	11:36