



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Ostertag, Jörg

Total time: 1:30:20

Club: Ruhla
Number: 200

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

Rank in course/Total: 7 (of 132)

Rank in course/Men: 7 (of 113)

Best time in course: 1:21:31

Category:
Triathlon Männer AK30

Rank in category: 3(of 35)

Best time in the category: 1:23:47

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	8:57	22:22	20	2:02	53	3:12	0.40	8:57	22:22	36	1:25	114	1:36
Rad	23.00	55:09	2:23	5	10:55:09	11	10:55:09	23.40	1:04:06	2:44	35		112	
Lauf	6.00	26:14	4:22	2	1:22	5	1:22	29.40	1:30:20	3:04	3	6:33	7	8:49