



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Zaspel, Thomas

Total time: 1:48:24

Club: Trügleben

Number: 131

Course: 29.40 km

Rank in course/Total: 57 (of 132)

Einzel Cross (0.4 / 23.0 / 6.0)

Rank in course/Men: 53 (of 113)

Best time in course: 1:21:31

Category:

Rank in category: 19(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.40	11:12	27:59	36	4:21	107	5:27	0.40	11:12	27:59	39	0:37	114	3:51
Rad	23.00	1:04:42	2:48	18	11:04:42	53	11:04:42	23.40	1:15:54	3:14	38		112	9:30
Lauf	6.00	32:30	5:25	18	7:15	45	7:38	29.40	1:48:24	3:41	19	22:09	53	26:53