



9. Cross Triathlon Friedrichroda
 99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Gerbert, Christian

Total time: 1:34:19

Club: SV 1883 Schwarzta
 Number: 193

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

Rank in course/Total: 12 (of 132)
 Rank in course/Men: 12 (of 113)
 Best time in course: 1:21:31

Category:
 Triathlon Männer AK40

Rank in category: 4(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	6:51	17:07	1	-	4	1:06	0.40	6:51	17:07	39			114
Rad	23.00	59:28	2:35	9	10:59:28	27	10:59:28	23.40	1:06:19	2:50	38			112
Lauf	6.00	28:00	4:40	3	2:45	8	3:08	29.40	1:34:19	3:12	4	8:04	12	12:48