



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Ernst, Marcel

Total time: 1:55:33

Club: SV 05 Friedrichroda

Number: 113

Course: 29.40 km

Rank in course/Total: 83 (of 132)

Einzel Cross (0.4 / 23.0 / 6.0)

Rank in course/Men: 77 (of 113)

Best time in course: 1:21:31

Category:

Rank in category: 15(of 18)

Triathlon Männer AK20

Best time in the category: 1:21:31

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Schwimmen	0.40	10:40	26:39	15	4:55	96	4:55	0.40	10:40	26:39	19	3:46	114	3:19
Rad	23.00	1:13:31	3:11	16	23:19	94	11:13:31	23.40	1:24:11	3:35	19	17:29	112	17:47
Lauf	6.00	31:22	5:13	8	6:12	30	6:30	29.40	1:55:33	3:55	15	34:02	77	34:02