



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Volk, Tino

Total time: 1:36:16

Club: Tabarz / Thüringen
Number: 120

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

Rank in course/Total: 20 (of 132)
Rank in course/Men: 19 (of 113)
Best time in course: 1:21:31

Category:
Triathlon Männer AK40

Rank in category: 7(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	8:46	21:55	16	1:55	44	3:01	0.40	8:46	21:55	39		114	1:25
Rad	23.00	59:19	2:34	8	10:59:19	26	10:59:19	23.40	1:08:05	2:54	38		112	1:41
Lauf	6.00	28:11	4:41	4	2:56	9	3:19	29.40	1:36:16	3:16	7	10:01	19	14:45