



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Haserodt, Daniel

Total time: 1:34:35

Club: LC Olympia Wiesbaden  
Number: 198

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

Rank in course/Total: 14 (of 132)  
Rank in course/Men: 14 (of 113)  
Best time in course: 1:21:31

Category:  
Triathlon Männer AK20

Rank in category: 3(of 18)  
Best time in the category: 1:21:31

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	6:24	16:00	3	0:39	3	0:39	0.40	6:24	16:00	19			114
Rad	23.00	57:33	2:30	3	7:21	18	10:57:33	23.40	1:03:57	2:43	19			112
Lauf	6.00	30:38	5:06	5	5:28	23	5:46	29.40	1:34:35	3:13	3	13:04	14	13:04