



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Preuk, Roland

Total time: 1:36:37

Club: Leinatal

Number: 192

Course: 29.40 km

Rank in course/Total: 22 (of 132)

Einzel Cross (0.4 / 23.0 / 6.0)

Rank in course/Men: 21 (of 113)

Best time in course: 1:21:31

Category:

Rank in category: 4(of 15)

Triathlon Männer AK50

Best time in the category: 1:31:59

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Total ranking			
						Pos Men	Behind Men				Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.40	8:52	22:10	5	0:49	51	3:07	0.40	8:52	22:10	16	0:14	114	1:31
Rad	23.00	56:39	2:27	2	1:47	16	10:56:39	23.40	1:05:31	2:47	16		112	
Lauf	6.00	31:06	5:11	5	2:21	27	6:14	29.40	1:36:37	3:17	4	4:38	21	15:06