



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Graf, Winfried

Total time: 1:59:43

Club: Triathlon Friedrichroda
Number: 100

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

Rank in course/Total: 97 (of 132)
Rank in course/Men: 90 (of 113)
Best time in course: 1:21:31

Category:
Triathlon Männer AK50

Rank in category: 8(of 15)
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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.40	9:55	24:47	10	1:52	81	4:10	0.40	9:55	24:47	16	1:17	114	2:34
Rad	23.00	1:07:44	2:56	6	12:52	68	11:07:44	23.40	1:17:39	3:19	16	11:57	112	11:15
Lauf	6.00	42:04	7:00	15	13:19	103	17:12	29.40	1:59:43	4:04	8	27:44	90	38:12