



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Nothnagel, Uwe

Total time: 1:47:19

Club: Fitnessoase Ohrdruf
Number: 150

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

Rank in course/Total: 53 (of 132)
Rank in course/Men: 49 (of 113)
Best time in course: 1:21:31

Category:
Triathlon Männer AK40

Rank in category: 17(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	8:15	20:37	8	1:24	29	2:30	0.40	8:15	20:37	39		114	0:54
Rad	23.00	1:03:21	2:45	16	11:03:21	47	11:03:21	23.40	1:11:36	3:03	38		112	5:12
Lauf	6.00	35:43	5:57	25	10:28	65	10:51	29.40	1:47:19	3:39	17	21:04	49	25:48