



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Fricke, Norman

Club: AC Apolda  
Number: 206

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

Category:  
Triathlon Männer AK30

Rank in course/Total: DNF (of 132)

Rank in course/Men: DNF (of 113)

Best time in course: 1:21:31

Rank in category: DNF(of 35)

Best time in the category: 1:23:47

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	7:48	19:30	7	0:53	17	2:03	0.40	7:48	19:30	36	0:16	114	0:27
Rad	23.00		-27:54	1	-	2	-	23.40	7:48	0:20	35		112	
Lauf	6.00	-	-	35		112		29.40	-	-	-	-	-	-