



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Keitel, Thomas

Total time: 1:48:48

Club: Fitnessoase Ohrdruf
Number: 151

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

Rank in course/Total: 61 (of 132)
Rank in course/Men: 57 (of 113)
Best time in course: 1:21:31

Category:
Triathlon Männer AK30

Rank in category: 20(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	7:27	18:37	3	0:32	10	1:42	0.40	7:27	18:37	36		114	0:06
Rad	23.00	1:03:35	2:45	17	11:03:35	49	11:03:35	23.40	1:11:02	3:02	35		112	4:38
Lauf	6.00	37:46	6:17	27	12:54	88	12:54	29.40	1:48:48	3:42	20	25:01	57	27:17