



9. Cross Triathlon Friedrichroda

99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Gehb, Ruben

Total time: 1:35:27

Club: Gotha

Number: 211

Course: 29.40 km

Rank in course/Total: 16 (of 132)

Einzel Cross (0.4 / 23.0 / 6.0)

Rank in course/Men: 16 (of 113)

Best time in course: 1:21:31

Category:

Rank in category: 4(of 18)

Triathlon Männer AK20

Best time in the category: 1:21:31

Intermediate times

Stage score

Total ranking

| Control | Split | Split | Split | Pos | Behind | Pos | Behind | Total | Total | Total | Pos | Behind | Pos | Behind |
|-----------|-------|-------|--------|------|--------|-----|----------|-------|---------|--------|------|--------|-----|--------|
| | km | Time | min/km | Cat. | Cat. | Men | Men | km | Time | min/km | Cat. | Cat. | Men | Men |
| Schwimmen | 0.40 | 7:46 | 19:24 | 6 | 2:01 | 16 | 2:01 | 0.40 | 7:46 | 19:24 | 19 | 0:52 | 114 | 0:25 |
| Rad | 23.00 | 59:07 | 2:34 | 6 | 8:55 | 24 | 10:59:07 | 23.40 | 1:06:53 | 2:51 | 19 | 0:11 | 112 | 0:29 |
| Lauf | 6.00 | 28:34 | 4:45 | 3 | 3:24 | 10 | 3:42 | 29.40 | 1:35:27 | 3:14 | 4 | 13:56 | 16 | 13:56 |