



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  
Einzel Cross (0.4 / 23.0 / 6.0)

Rank in course/Total: 16 (of 132)  
Rank in course/Men: 16 (of 113)  
Best time in course: 1:21:31

Category:  
Triathlon Männer AK20

Rank in category: 4(of 18)  
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