



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Gleichmar, Carsten

Total time: 2:02:23

Club: Bielefeld

Number: 111

Course: 29.40 km

Rank in course/Total: 106 (of 132)

Einzel Cross (0.4 / 23.0 / 6.0)

Rank in course/Men: 96 (of 113)

Best time in course: 1:21:31

Category:

Rank in category: 31(of 35)

Triathlon Männer AK30

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.	Stage score		Total km	Total Time	Total min/km	Total ranking			
						Pos Men	Behind Men				Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.40	8:46	21:55	17	1:51	44	3:01	0.40	8:46	21:55	36	1:14	114	1:25
Rad	23.00	1:09:56	3:02	29	11:09:56	82	11:09:56	23.40	1:18:42	3:21	35	1:32	112	12:18
Lauf	6.00	43:41	7:16	34	18:49	108	18:49	29.40	2:02:23	4:09	31	38:36	96	40:52