



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Silz, Achim

Total time: 2:01:28

Club: Erfurt
Number: 121

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

Rank in course/Total: 102 (of 132)
Rank in course/Men: 93 (of 113)
Best time in course: 1:21:31

Category:
Triathlon Männer AK40

Rank in category: 34(of 38)
Best time in the category: 1:26:15

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	9:15	23:07	23	2:24	64	3:30	0.40	9:15	23:07	39		114	1:54
Rad	23.00	1:15:18	3:16	36	11:15:18	99	11:15:18	23.40	1:24:33	3:36	38	2:35	112	18:09
Lauf	6.00	36:55	6:09	28	11:40	77	12:03	29.40	2:01:28	4:07	34	35:13	93	39:57