



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Profft, Ingolf

Total time: 1:48:41

Club: Gotha  
Number: 172

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

Rank in course/Total: 60 (of 132)  
Rank in course/Men: 56 (of 113)  
Best time in course: 1:21:31

Category:  
Triathlon Männer AK30

Rank in category: 19(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	10:32	26:19	33	3:37	92	4:47	0.40	10:32	26:19	36	3:00	42	3:11
Rad	23.00	1:06:05	2:52	24	11:06:05	65	11:06:05	23.40	1:16:37	3:16	35		112	10:13
Lauf	6.00	32:04	5:20	8	7:12	38	7:12	29.40	1:48:41	3:41	19	24:54	56	27:10