



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Metz, Stefan

Total time: 1:41:06

Club: Tambach-Dietharz
Number: 203

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

Rank in course/Total: 32 (of 132)
Rank in course/Men: 30 (of 113)
Best time in course: 1:21:31

Category:
Triathlon Männer AK30

Rank in category: 9(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 | 7:45 | 19:22 | 6 | 0:50 | 15 | 2:00 | 0.40 | 7:45 | 19:22 | 36 | 0:13 | 114 | 0:24 |
| Rad | 23.00 | 1:00:59 | 2:39 | 12 | 1:00:59 | 37 | 1:00:59 | 23.40 | 1:08:44 | 2:56 | 35 | | 112 | 2:20 |
| Lauf | 6.00 | 32:22 | 5:23 | 10 | 7:30 | 42 | 7:30 | 29.40 | 1:41:06 | 3:26 | 9 | 17:19 | 30 | 19:35 |