



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	11:00:59	37	11:00:59	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