



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Pahnke, Markus

Total time: 1:46:39

Club: Rad-Art Tabarz

Number: 182

Course: 29.40 km

Rank in course/Total: 52 (of 132)

Einzel Cross (0.4 / 23.0 / 6.0)

Rank in course/Men: 48 (of 113)

Best time in course: 1:21:31

Category:

Rank in category: 16(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.40	8:49	22:02	19	1:54	48	3:04	0.40	8:49	22:02	36	1:17	114	1:28
Rad	23.00	1:04:26	2:48	18	1:04:26	51	1:04:26	23.40	1:13:15	3:07	35		112	6:51
Lauf	6.00	33:24	5:33	16	8:32	52	8:32	29.40	1:46:39	3:37	16	22:52	48	25:08