



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Krannich, Steffen

Total time: 1:53:13

Club: SG Altenfeld

Number: 156

Course: 29.40 km

Rank in course/Total: 73 (of 132)

Einzel Cross (0.4 / 23.0 / 6.0)

Rank in course/Men: 68 (of 113)

Best time in course: 1:21:31

Category:

Rank in category: 26(of 38)

Triathlon Männer AK40

Best time in the category: 1:26:15

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Schwimmen	0.40	10:00	25:00	28	3:09	83	4:15	0.40	10:00	25:00	39		114	2:39
Rad	23.00	1:09:09	3:00	27	1:09:09	77	1:09:09	23.40	1:19:09	3:22	38		112	12:45
Lauf	6.00	34:04	5:40	20	8:49	56	9:12	29.40	1:53:13	3:51	26	26:58	68	31:42