



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Kamp, Olaf

Total time: 1:38:30

Club: Saalfeld
Number: 216

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

Rank in course/Total: 25 (of 132)
Rank in course/Men: 24 (of 113)
Best time in course: 1:21:31

Category:
Triathlon Männer AK40

Rank in category: 9(of 38)
Best time in the category: 1:26:15

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	8:37	21:32	14	1:46	39	2:52	0.40	8:37	21:32	39		114	1:16
Rad	23.00	1:00:43	2:38	11	11:00:43	35	11:00:43	23.40	1:09:20	2:57	38		112	2:56
Lauf	6.00	29:10	4:51	8	3:55	16	4:18	29.40	1:38:30	3:21	9	12:15	24	16:59