



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Kurz, Steffan

Total time: 1:59:07

Club: SV 05 Friedrichroda  
Number: 135

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

Rank in course/Total: 94 (of 132)  
Rank in course/Men: 87 (of 113)  
Best time in course: 1:21:31

Category:  
Triathlon Männer AK40

Rank in category: 32(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	8:28	21:09	12	1:37	35	2:43	0.40	8:28	21:09	39		114	1:07
Rad	23.00	1:08:47	2:59	26	11:08:47	75	11:08:47	23.40	1:17:15	3:18	38		112	10:51
Lauf	6.00	41:52	6:58	36	16:37	102	17:00	29.40	1:59:07	4:03	32	32:52	87	37:36