



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Pinnow, Tim

Total time: 1:46:14

Club: Gotha
Number: 194

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

Rank in course/Total: 50 (of 132)
Rank in course/Men: 46 (of 113)
Best time in course: 1:21:31

Category:
Triathlon Männer AK40

Rank in category: 16(of 38)
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	7:56	19:49	6	1:05	22	2:11	0.40	7:56	19:49	39		114	0:35
Rad	23.00	1:02:54	2:44	14	11:02:54	45	11:02:54	23.40	1:10:50	3:01	38		112	4:26
Lauf	6.00	35:24	5:53	24	10:09	64	10:32	29.40	1:46:14	3:36	16	19:59	46	24:43