



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Kirsch, Steffen

Total time: 1:44:39

Club: Stotternheim  
Number: 202

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

Rank in course/Total: 43 (of 132)  
Rank in course/Men: 40 (of 113)  
Best time in course: 1:21:31

Category:  
Triathlon Männer AK30

Rank in category: 13(of 35)  
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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.40	8:06	20:14	11	1:11	25	2:21	0.40	8:06	20:14	36	0:34	114	0:45
Rad	23.00	1:05:05	2:49	20	11:05:05	56	11:05:05	23.40	1:13:11	3:07	35		112	6:47
Lauf	6.00	31:28	5:14	7	6:36	32	6:36	29.40	1:44:39	3:33	13	20:52	40	23:08