



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Bense, Michael

Total time: 1:32:41

Club: Guided Missiles

Number: 154

Course: 29.40 km

Rank in course/Total: 10 (of 132)

Einzel Cross (0.4 / 23.0 / 6.0)

Rank in course/Men: 10 (of 113)

Best time in course: 1:21:31

Category:

Rank in category: 5(of 35)

Triathlon Männer AK30

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.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Schwimmen	0.40	7:35	18:57	5	0:40	13	1:50	0.40	7:35	18:57	36	0:03	114	0:14
Rad	23.00	55:56	2:25	6	10:55:56	14	10:55:56	23.40	1:03:31	2:42	35		112	
Lauf	6.00	29:10	4:51	4	4:18	16	4:18	29.40	1:32:41	3:09	5	8:54	10	11:10