



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 | 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 | 7:35 | 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 | 55:56 | 14 | 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 |