



# 9. Cross Triathlon Friedrichroda

99894 Friedrichroda / Thüringen / 11.07.2010

## Detailed evaluation

Riccus, Ralf

Total time: 1:39:04

Club: Triathlon Team Niederschlesien  
Number: 129

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

Rank in course/Total: 28 (of 132)

Rank in course/Men: 26 (of 113)

Best time in course: 1:21:31

Category:

Rank in category: 7(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.40	9:18	23:15	24	2:23	66	3:33	0.40	9:18	23:15	36	1:46	114	1:57
Rad	23.00	59:32	2:35	9	59:32	28	59:32	23.40	1:08:50	2:56	35		112	2:26
Lauf	6.00	30:14	5:02	5	5:22	21	5:22	29.40	1:39:04	3:22	7	15:17	26	17:33