



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Topf, Benjamin

Total time: 1:41:30

Club: Tabarz

Number: 242

Course: 29.40 km

Rank in course/Total: 34 (of 132)

Einzel Cross (0.4 / 23.0 / 6.0)

Rank in course/Men: 32 (of 113)

Best time in course: 1:21:31

Category:

Rank in category: 8(of 18)

Triathlon Männer AK20

Best time in the category: 1:21:31

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	8:37	21:32	8	2:52	39	2:52	0.40	8:37	21:32	19	1:43	114	1:16
Rad	23.00	57:48	2:30	4	7:36	19	10:57:48	23.40	1:06:25	2:50	19		112	0:01
Lauf	6.00	35:05	5:50	12	9:55	60	10:13	29.40	1:41:30	3:27	8	19:59	32	19:59