



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Rudel, Jens

Total time: 1:58:21

Club: LSG 80 Schmückeläufer
Number: 176

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

Rank in course/Total: 91 (of 132)
Rank in course/Men: 84 (of 113)
Best time in course: 1:21:31

Category:
Triathlon Männer AK40

Rank in category: 30(of 38)
Best time in the category: 1:26:15

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	8:36	21:29	13	1:45	38	2:51	0.40	8:36	21:29	39		114	1:15
Rad	23.00	1:12:06	3:08	33	1:12:06	91	1:12:06	23.40	1:20:42	3:26	38		20	14:18
Lauf	6.00	37:39	6:16	33	12:24	86	12:47	29.40	1:58:21	4:01	30	32:06	84	36:50