



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Instenberg, Christian

Total time: 1:46:08

Club: Seebach

Number: 232

Course: 29.40 km

Rank in course/Total: 49 (of 132)

Einzel Cross (0.4 / 23.0 / 6.0)

Rank in course/Men: 45 (of 113)

Best time in course: 1:21:31

Category:

Rank in category: 11(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	8:07	20:17	7	2:22	27	2:22	0.40	8:07	20:17	19	1:13	114	0:46
Rad	23.00	1:05:40	2:51	11	15:28	61	11:05:40	23.40	1:13:47	3:09	19	7:05	112	7:23
Lauf	6.00	32:21	5:23	10	7:11	39	7:29	29.40	1:46:08	3:36	11	24:37	45	24:37