



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Heimerl, Manuel

Total time: 2:09:40

Club: GRAFE Advanced Polymers GmbH

Number: 171

Course: 29.40 km

Rank in course/Total: 117 (of 132)

Einzel Cross (0.4 / 23.0 / 6.0)

Rank in course/Men: 103 (of 113)

Best time in course: 1:21:31

Category:

Rank in category: 18(of 18)

Triathlon Männer AK20

Best time in the category: 1:21:31

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.40	11:33	28:52	18	5:48	113	5:48	0.40	11:33	28:52	19	4:39	114	4:12
Rad	23.00	1:17:55	3:23	17	27:43	105	11:17:55	23.40	1:29:28	3:49	19	22:46	112	23:04
Lauf	6.00	40:12	6:42	18	15:02	96	15:20	29.40	2:09:40	4:24	18	48:09	103	48:09