



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Lembert, Erhardt

Total time: 2:08:30

Club: Waltershausen

Number: 230

Course: 29.40 km

Rank in course/Total: 114 (of 132)

Einzel Cross (0.4 / 23.0 / 6.0)

Rank in course/Men: 100 (of 113)

Best time in course: 1:21:31

Category:

Rank in category: 13(of 15)

Triathlon Männer AK50

Best time in the category: 1:31:59

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	10:54	27:15	12	2:51	101	5:09	0.40	10:54	27:15	16	2:16	114	3:33
Rad	23.00	1:17:46	3:22	13	22:54	104	11:17:46	23.40	1:28:40	3:47	16	22:58	112	22:16
Lauf	6.00	39:50	6:38	11	11:05	94	14:58	29.40	2:08:30	4:22	13	36:31	100	46:59