



9. Cross Triathlon Friedrichroda
 99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Humbek, Frank

Total time: 3:04:45

Club: RAD-ART Gotha
 Number: 302

Course: 55.80 km
 XL-Cross (0.8 / 45.0 / 10.0)

Rank in course/Total: 9 (of 46)
 Rank in course/Men: 9 (of 40)
 Best time in course: 2:40:33

Category:
 Triathlon Männer AK40

Rank in category: 4(of 13)
 Best time in the category: 2:49:28

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	0.80	17:08	21:24	8	3:23	20	4:29	0.80	17:08	21:24	14			41
Rad	45.00	1:49:54	2:26	4	12:49:54	7	12:49:54	45.80	2:07:02	2:46	13	8:03		40
Lauf	10.00	57:43	5:46	6	7:14	20	13:57:43	55.80	3:04:45	3:18	5	1:26:39	10	1:26:39