



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 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	0.80	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