



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Förster, Thomas

Total time: 3:14:06

Club: Eisenberg /Thür.  
Number: 313

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

Rank in course/Total: 18 (of 46)  
Rank in course/Men: 18 (of 40)  
Best time in course: 2:40:33

Category:  
Triathlon Männer AK40

Rank in category: 9(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	15:04	18:49	5	1:19	11	2:25	0.80	15:04	18:49	14			41
Rad	45.00	2:00:26	2:40	10	13:00:26	20	13:00:26	45.80	2:15:30	2:57	13	16:31		40
Lauf	10.00	58:36	5:51	7	8:07	22	13:58:36	55.80	3:14:06	3:28	10	1:36:00	19	1:36:00