



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Heigl, Thomas

Total time: 3:09:42

Club: Schmalkalden
Number: 339

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

Rank in course/Total: 14 (of 46)
Rank in course/Men: 14 (of 40)
Best time in course: 2:40:33

Category:
Triathlon Männer AK40

Rank in category: 7(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	17:19	21:38	9	3:34	22	4:40	0.80	17:19	21:38	14			41
Rad	45.00	1:55:50	2:34	6	1:55:50	13	1:55:50	45.80	2:13:09	2:54	13	14:10		40
Lauf	10.00	56:33	5:39	5	6:04	18	56:33	55.80	3:09:42	3:23	8	1:31:36	15	1:31:36