



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:

Rank in category: 7(of 13)

Triathlon Männer AK40

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	17:19	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	12:55:50	13	12:55:50	45.80	2:13:09	2:54	13	14:10		40
Lauf	10.00	56:33	5:39	5	6:04	18	13:56:33	55.80	3:09:42	3:23	8	1:31:36	15	1:31:36