



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Hiersemann, Karl

Total time: 21:49

Club: FRV Tenneberg Waltershausen
Number: 18

Course: 5.10 km
Einsteiger (0.1 / 4.0 / 1.0)

Rank in course/Total: 8 (of 28)

Rank in course/Men: 8 (of 19)

Best time in course: 19:06

Category:
männliche Einsteiger AK 11-14

Rank in category: 6(of 11)

Best time in the category: 19:52

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	0.10	2:39	26:29	2	0:03	2	0:03	0.10	2:39	26:29	6			15
Rad	4.00	14:23	3:35	7	3:00	11	3:00	4.10	17:02	4:09	6	2:21		15
Lauf	1.00	4:47	4:46	1	-	3	0:17	5.10	21:49	4:16	5	1:57	7	2:43