



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Hiersemann, Emil

Total time: 20:25

Club: FRV Tenneberg Waltershausen  
Number: 17

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

Rank in course/Total: 3 (of 28)

Rank in course/Men: 3 (of 19)

Best time in course: 19:06

Category:  
männliche Einsteiger AK 15-19

Rank in category: 1(of 1)

Best time in the category: 20:25

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	3:41	36:49	1	-	15	1:05	0.10	3:41	36:49	1	-	20	0:26
Rad	4.00	12:14	3:03	1	-	4	0:51	4.10	15:55	3:52	1	-	20	
Lauf	1.00	4:30	4:30	1	-	1	-	5.10	20:25	4:00	1	-	3	1:19