



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

Rank in course/Total: 3 (of 28)

Einsteiger (0.1 / 4.0 / 1.0)

Rank in course/Men: 3 (of 19)

Best time in course: 19:06

Category:

Rank in category: 1(of 1)

männliche Einsteiger AK 15-19

Best time in the category: 20:25

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | |
|-----------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind 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 |