



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Hiersemann, Hans

Total time: 22:48

Club: FRV Tenneberg Waltershausen  
Number: 19

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

Rank in course/Total: 10 (of 28)

Rank in course/Men: 10 (of 19)

Best time in course: 19:06

Category:  
männliche Einsteiger AK 11-14

Rank in category: 7(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	3:01	30:09	6	0:25	8	0:25	0.10	3:01	30:09	7		13	
Rad	4.00	14:45	3:41	9	3:22	14	3:22	4.10	17:46	4:19	7	3:05	13	0:18
Lauf	1.00	5:02	5:01	3	0:15	5	0:32	5.10	22:48	4:28	7	2:56	10	3:42