



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Horn, Sebastian

Total time: 22:35

Club: AC Apolda

Number: 29

Course: 5.10 km

Rank in course/Total: 9 (of 28)

Einsteiger (0.1 / 4.0 / 1.0)

Rank in course/Men: 9 (of 19)

Best time in course: 19:06

Category:

Rank in category: 1(of 1)

männliche Einsteiger ab AK 20

Best time in the category: 22:35

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	3:46	37:39	1	-	18	1:10	0.10	3:46	37:39	1	-	20	0:31
Rad	4.00	13:19	3:19	1	-	6	1:56	4.10	17:05	4:10	1	-	20	
Lauf	1.00	5:30	5:30	1	-	9	1:00	5.10	22:35	4:25	1	-	9	3:29