



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Siegemund, Maris

Total time: 28:11

Club: Friedrichroda  
Number: 32

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

Rank in course/Total: 26 (of 28)

Rank in course/Men: 19 (of 19)

Best time in course: 19:06

Category:  
männliche Einsteiger AK 8-10

Rank in category: 6(of 6)

Best time in the category: 19:06

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	3:45	37:30	5	0:55	16	1:09	0.10	3:45	37:30	6	0:54	7	0:30
Rad	4.00	18:48	4:42	6	7:04	19	7:25	4.10	22:33	5:30	6	7:58	20	5:05
Lauf	1.00	5:38	5:38	5	1:07	13	1:08	5.10	28:11	5:31	6	9:05	19	9:05