



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Schneider, Heiko

Total time: 1:53:12

Club: Waltershausen

Number: 102

Course: 29.40 km

Rank in course/Total: 72 (of 132)

Einzel Cross (0.4 / 23.0 / 6.0)

Rank in course/Men: 67 (of 113)

Best time in course: 1:21:31

Category:

Rank in category: 25(of 38)

Triathlon Männer AK40

Best time in the category: 1:26:15

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Total ranking				
						Pos Men	Behind Men				Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Schwimmen	0.40	10:32	26:19	31	3:41	92	4:47	0.40	10:32	26:19	39			42	3:11
Rad	23.00	1:05:27	2:50	21	11:05:27	59	11:05:27	23.40	1:15:59	3:14	38			112	9:35
Lauf	6.00	37:13	6:12	30	11:58	82	12:21	29.40	1:53:12	3:51	25	26:57	67	31:41	