



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Thein, Henrik

Total time: 4:10:30

Club: Waltershausen

Number: 334

Course: 55.80 km

Rank in course/Total: 42 (of 46)

XL-Cross (0.8 / 45.0 / 10.0)

Rank in course/Men: 37 (of 40)

Best time in course: 2:40:33

Category:

Rank in category: 12(of 13)

Triathlon Männer AK40

Best time in the category: 2:49:28

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	0.80	19:58	24:57	12	6:13	36	7:19	0.80	19:58	24:57	14	0:56	41		
Rad	45.00	2:34:04	3:25	13	13:34:04	40	13:34:04	45.80	2:54:02	3:47	13	55:03	40	18:58	
Lauf	10.00	1:16:28	7:38	12	25:59	37	14:16:28	55.80	4:10:30	4:29	13	2:32:24	38	2:32:24	