



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Umbreit, Heiko

Total time: 1:35:09

Club: Emleben

Number: 180

Course: 29.40 km

Rank in course/Total: 15 (of 132)

Einzel Cross (0.4 / 23.0 / 6.0)

Rank in course/Men: 15 (of 113)

Best time in course: 1:21:31

Category:

Rank in category: 5(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.40	8:15	20:37	8	1:24	29	2:30	0.40	8:15	20:37	39		114	0:54
Rad	23.00	55:20	2:24	5	10:55:20	13	10:55:20	23.40	1:03:35	2:43	38		112	
Lauf	6.00	31:34	5:15	13	6:19	34	6:42	29.40	1:35:09	3:14	5	8:54	15	13:38