



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Herbst, Thomas

Total time: 1:45:47

Club: Rhöner WSV Dermbach
Number: 141

Course: 29.40 km
Einzel Cross (0.4 / 23.0 / 6.0)

Rank in course/Total: 47 (of 132)
Rank in course/Men: 43 (of 113)
Best time in course: 1:21:31

Category:
Triathlon Männer AK40

Rank in category: 14(of 38)
Best time in the category: 1:26:15

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	0.40	8:22	20:55	11	1:31	33	2:37	0.40	8:22	20:55	39		114	1:01
Rad	23.00	1:05:46	2:51	23	11:05:46	63	11:05:46	23.40	1:14:08	3:10	38		112	7:44
Lauf	6.00	31:39	5:16	14	6:24	36	6:47	29.40	1:45:47	3:35	14	19:32	43	24:16