



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Espig, Thomas

Total time: 1:31:46

Club: Tabarz  
Number: 237

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

Rank in course/Total: 8 (of 132)  
Rank in course/Men: 8 (of 113)  
Best time in course: 1:21:31

Category:  
Triathlon Männer AK30

Rank in category: 4(of 35)  
Best time in the category: 1:23:47

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	7:48	19:30	7	0:53	17	2:03	0.40	7:48	19:30	36	0:16	114	0:27
Rad	23.00	52:43	2:17	4	10:52:43	7	10:52:43	23.40	1:00:31	2:35	35		112	
Lauf	6.00	31:15	5:12	6	6:23	29	6:23	29.40	1:31:46	3:07	4	7:59	8	10:15