



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Böttcher, Heiko

Total time: 1:45:58

Club: Germania Georgenthal
Number: 185

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

Rank in course/Total: 48 (of 132)
Rank in course/Men: 44 (of 113)
Best time in course: 1:21:31

Category:
Triathlon Männer AK40

Rank in category: 15(of 38)
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	8:42	21:44	15	1:51	43	2:57	0.40	8:42	21:44	39		2	1:21
Rad	23.00	1:02:44	2:43	13	1:02:44	44	1:02:44	23.40	1:11:26	3:03	38		112	5:02
Lauf	6.00	34:32	5:45	22	9:17	58	9:40	29.40	1:45:58	3:36	15	19:43	44	24:27