



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Schäfer, Heiko

Total time: 2:01:47

Club: Gotha  
Number: 123

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

Rank in course/Total: 104 (of 132)  
Rank in course/Men: 95 (of 113)  
Best time in course: 1:21:31

Category:  
Triathlon Männer AK30

Rank in category: 30(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	10:57	27:22	35	4:02	103	5:12	0.40	10:57	27:22	36	3:25	114	3:36
Rad	23.00	1:15:36	3:17	33	11:15:36	100	11:15:36	23.40	1:26:33	3:41	35	9:23	112	20:09
Lauf	6.00	35:14	5:52	19	10:22	63	10:22	29.40	2:01:47	4:08	30	38:00	95	40:16