



9. Cross Triathlon Friedrichroda

99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Beinersdorf, Heiko

Total time: 1:43:54

Club: Weimar

Number: 197

Course: 29.40 km

Rank in course/Total: 41 (of 132)

Einzel Cross (0.4 / 23.0 / 6.0)

Rank in course/Men: 38 (of 113)

Best time in course: 1:21:31

Category:

Rank in category: 12(of 35)

Triathlon Männer AK30

Best time in the category: 1:23:47

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 | 8:20 | 20:49 | 14 | 1:25 | 32 | 2:35 | 0.40 | 8:20 | 20:49 | 36 | 0:48 | 114 | 0:59 |
| Rad | 23.00 | 1:01:35 | 2:40 | 15 | 1:01:35 | 41 | 1:01:35 | 23.40 | 1:09:55 | 2:59 | 35 | | 112 | 3:31 |
| Lauf | 6.00 | 33:59 | 5:39 | 17 | 9:07 | 55 | 9:07 | 29.40 | 1:43:54 | 3:32 | 12 | 20:07 | 38 | 22:23 |