



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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind 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	11:01:35	41	11:01:35	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