



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Ernst, Karl Heinz

Total time: 1:57:58

Club: Goldbach

Number: 158

Course: 29.40 km

Rank in course/Total: 90 (of 132)

Einzel Cross (0.4 / 23.0 / 6.0)

Rank in course/Men: 83 (of 113)

Best time in course: 1:21:31

Category:

Rank in category: 7(of 15)

Triathlon Männer AK50

Best time in the category: 1:31:59

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	10:47	26:57	11	2:44	97	5:02	0.40	10:47	26:57	16	2:09	114	3:26
Rad	23.00	1:09:27	3:01	8	14:35	78	11:09:27	23.40	1:20:14	3:25	16	14:32	112	13:50
Lauf	6.00	37:44	6:17	9	8:59	87	12:52	29.40	1:57:58	4:00	7	25:59	83	36:27