



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Lehmann, Holger

Total time: 1:58:52

Club: Erfurt  
Number: 164

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

Rank in course/Total: 93 (of 132)  
Rank in course/Men: 86 (of 113)  
Best time in course: 1:21:31

Category:  
Triathlon Männer AK40

Rank in category: 31(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	10:55	27:17	34	4:04	102	5:10	0.40	10:55	27:17	39	0:20	114	3:34
Rad	23.00	1:11:56	3:07	32	11:11:56	90	11:11:56	23.40	1:22:51	3:32	38	0:53	112	16:27
Lauf	6.00	36:01	6:00	26	10:46	72	11:09	29.40	1:58:52	4:02	31	32:37	86	37:21