



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Seeber, Michael

Total time: 1:44:52

Club: Herrenhof

Number: 223

Course: 29.40 km

Rank in course/Total: 45 (of 132)

Einzel Cross (0.4 / 23.0 / 6.0)

Rank in course/Men: 42 (of 113)

Best time in course: 1:21:31

Category:

Rank in category: 13(of 38)

Triathlon Männer AK40

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.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Schwimmen	0.40	10:20	25:49	30	3:29	90	4:35	0.40	10:20	25:49	39			114	2:59
Rad	23.00	1:02:59	2:44	15	1:02:59	46	1:02:59	23.40	1:13:19	3:07	38			112	6:55
Lauf	6.00	31:33	5:15	12	6:18	33	6:41	29.40	1:44:52	3:34	13	18:37		42	23:21