



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Böttcher, Heiko

Total time: 1:46:54

Club: VV Germania Georgenthal
 Number: 229

Course: 29.40 km
 Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Total: 69 (of 172)
 Rank in course/Men: 63 (of 146)
 Best time in course: 1:25:53

Category:
 AK 40 männlich

Rank in category: 19(of 45)
 Best time in the category: 1:32:32

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	9:11	22:57	23	2:36	71	3:15	0.40	9:11	22:57	46	0:26	147	1:24
Rad	23.00	1:04:10	2:47	19	6:42	66	11:28	23.40	1:13:21	3:08	46		144	8:13
Lauf	6.00	33:33	5:35	26	6:53	86	9:50	29.40	1:46:54	3:38	19	14:22	63	21:01