



10. Cross Triathlon Friedrichroda  
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Humbek, Frank

Total time: 2:43:37

Club: RAD-ART

Number: 340

Course: 40.80 km

Rank in course/Total: 18 (of 50)

XTERRA Thüringen (0,8/30/10 km)

Rank in course/Men: 18 (of 43)

Best time in course: 2:12:39

Category:

Rank in category: 3(of 6)

Senioren 1, TM 40

Best time in the category: 2:38:25

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	0.80	17:44	22:10	5	4:20	35	7:15	0.80	17:44	22:10	7	3:57	44	1:25
Rad	30.00	1:33:25	3:06	2	0:31	14	21:29	30.80	1:51:09	3:36	7		42	
Lauf	10.00	52:28	5:14	2	1:50	24	12:26	40.80	2:43:37	4:00	3	5:12	19	31:56