



10. Cross Triathlon Friedrichroda  
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Umbreit, Heiko

Total time: 1:41:42

Club: Emleben

Number: 171

Course: 29.40 km

Rank in course/Total: 50 (of 172)

Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Men: 47 (of 146)

Best time in course: 1:25:53

Category:

Rank in category: 14(of 45)

AK 40 männlich

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.	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	9:19	23:17	26	2:44	77	3:23	0.40	9:19	23:17	46	0:34	147	1:32
Rad	23.00	58:58	2:33	3	1:30	24	6:16	23.40	1:08:17	2:55	46		144	3:09
Lauf	6.00	33:25	5:34	25	6:45	85	9:42	29.40	1:41:42	3:27	14	9:10	47	15:49