



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Ernst, Beate

Total time: 2:01:56

Club: Sonntagsläufer  
Number: 170

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

Rank in course/Total: 105 (of 132)  
Rank in course/Women: 10 (of 19)  
Best time in course: 1:35:38

Category:  
Triathlon Frauen AK40

Rank in category: 3(of 8)  
Best time in the category: 1:38:34

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen	0.40	9:23	23:27	2	1:37	5	3:04	0.40	9:23	23:27	9	1:37	20	
Rad	23.00	1:17:05	3:21	4	15:59	12	18:44	23.40	1:26:28	3:41	9	17:36	20	
Lauf	6.00	35:28	5:54	4	5:46	8	5:46	29.40	2:01:56	4:08	3	23:22	10	26:18