



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Wozasek, Ingrid

Total time: 2:08:14

Club: Triathlon Friedrichroda
Number: 153

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

Rank in course/Total: 113 (of 132)
Rank in course/Women: 14 (of 19)
Best time in course: 1:35:38

Category:
Triathlon Frauen AK40

Rank in category: 6(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	12:09	30:22	8	4:23	19	5:50	0.40	12:09	30:22	9	4:23	1	-
Rad	23.00	1:16:03	3:18	3	14:57	11	17:42	23.40	1:28:12	3:46	9	19:20	1	-
Lauf	6.00	40:02	6:40	6	10:20	13	10:20	29.40	2:08:14	4:21	6	29:40	14	32:36