



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Pahnke, Daniela

Total time: 2:01:26

Club: Rad-Art Tabarz

Number: 183

Course: 29.40 km

Rank in course/Total: 101 (of 132)

Einzel Cross (0.4 / 23.0 / 6.0)

Rank in course/Women: 9 (of 19)

Best time in course: 1:35:38

Category:

Rank in category: 3(of 5)

Triathlon Frauen AK30

Best time in the category: 1:43:37

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	10:10	25:24	4	0:57	14	3:51	0.40	10:10	25:24	6	0:57	20	
Rad	23.00	1:07:31	2:56	2	9:10	5	9:10	23.40	1:17:41	3:19	6	10:07	20	
Lauf	6.00	43:45	7:17	5	13:16	18	14:03	29.40	2:01:26	4:07	3	17:49	9	25:48