



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Umbreit, Kathrin

Total time: 2:03:57

Club: Schuhmacher Umbreit
Number: 179

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

Rank in course/Total: 108 (of 132)
Rank in course/Women: 11 (of 19)
Best time in course: 1:35:38

Category:
Triathlon Frauen AK30

Rank in category: 4(of 5)
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	9:32	23:49	2	0:19	8	3:13	0.40	9:32	23:49	6	0:19	20	
Rad	23.00	1:12:39	3:09	4	14:18	8	14:18	23.40	1:22:11	3:30	6	14:37	20	
Lauf	6.00	41:46	6:57	4	11:17	15	12:04	29.40	2:03:57	4:12	4	20:20	11	28:19