



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Lindau, Kathleen

Total time: 1:56:16

Club: WSV Oberhof
Number: 220

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

Rank in course/Total: 85 (of 132)
Rank in course/Women: 7 (of 19)
Best time in course: 1:35:38

Category:
Triathlon Frauen AK20

Rank in category: 3(of 5)
Best time in the category: 1:35:38

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	9:35	23:57	4	3:16	10	3:16	0.40	9:35	23:57	6	3:16	20	
Rad	23.00	1:13:29	3:11	4	14:42	10	15:08	23.40	1:23:04	3:32	6	17:58	20	
Lauf	6.00	33:12	5:32	3	2:40	5	3:30	29.40	1:56:16	3:57	3	20:38	7	20:38