



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Fricke, Monika

Total time: 2:14:28

Club: AC Apolda

Number: 207

Course: 29.40 km

Rank in course/Total: 124 (of 132)

Einzel Cross (0.4 / 23.0 / 6.0)

Rank in course/Women: 16 (of 19)

Best time in course: 1:35:38

Category:

Rank in category: 1(of 1)

Triathlon Frauen AK50

Best time in the category: 2:14:28

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Schwimmen	0.40	9:26	23:34	1	-	6	3:07	0.40	9:26	23:34	1	-	20		
Rad	23.00	1:22:30	3:35	1	-	16	24:09	23.40	1:31:56	3:55	1	-	20	3:44	
Lauf	6.00	42:32	7:05	1	-	16	12:50	29.40	2:14:28	4:34	1	-	16	38:50	