



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Skrowny, Ivonne

Total time: 2:18:50

Club: Gotha
Number: 226

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

Rank in course/Total: 128 (of 132)
Rank in course/Women: 18 (of 19)
Best time in course: 1:35:38

Category:
Triathlon Frauen AK20

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

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	9:28	23:39	3	3:09	7	3:09	0.40	9:28	23:39	6	3:09	20	
Rad	23.00	1:29:10	3:52	5	30:23	18	30:49	23.40	1:38:38	4:12	6	33:32	20	10:26
Lauf	6.00	40:12	6:42	5	9:40	14	10:30	29.40	2:18:50	4:43	5	43:12	18	43:12