



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Heinz, Anke

Total time: 3:07:51

Club: SG Altenfeld

Number: 161

Course: 29.40 km

Rank in course/Total: 130 (of 132)

Einzel Cross (0.4 / 23.0 / 6.0)

Rank in course/Women: 19 (of 19)

Best time in course: 1:35:38

Category:

Rank in category: 8(of 8)

Triathlon Frauen AK40

Best time in the category: 1:38:34

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	11:44	29:19	7	3:58	18	5:25	0.40	11:44	29:19	9	3:58	20		
Rad	23.00	1:59:22	5:11	8	58:16	19	1:01:01	23.40	2:11:06	5:36	9	1:02:14	20	42:54	
Lauf	6.00	56:45	9:27	8	27:03	19	27:03	29.40	3:07:51	6:23	8	1:29:17	19	1:32:13	