



9. Cross Triathlon Friedrichroda  
 99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Braken, Christina

Total time: 3:17:06

Club: Tri-4-Fun SVKT-Porta Westfalica  
 Number: 323

Course: 55.80 km  
 XL-Cross (0.8 / 45.0 / 10.0)

Rank in course/Total: 21 (of 46)  
 Rank in course/Women: 1 (of 6)  
 Best time in course: 3:17:06

Category:  
 Triathlon Frauen AK30

Rank in category: 1(of 4)  
 Best time in the category: 3:17:06

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	0.80	14:53	18:36	1	-	1	-	0.80	14:53	18:36	1	-	1	-
Rad	45.00	2:07:35	2:50	1	-	1	-	45.80	2:22:28	3:06	1	-	1	-
Lauf	10.00	54:38	5:27	2	1:40	2	1:40	55.80	3:17:06	3:31	1	-	1	-