



9. Cross Triathlon Friedrichroda  
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Herbst, Vanessa

Total time: 26:08

Club: Kampfsportschule Berk  
Number: 25

Course: 5.10 km  
Einsteiger (0.1 / 4.0 / 1.0)

Rank in course/Total: 21 (of 28)  
Rank in course/Women: 4 (of 9)  
Best time in course: 23:15

Category:  
weibliche Einsteiger AK 11-14

Rank in category: 3(of 3)  
Best time in the category: 23:15

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Total ranking			
						Pos Women	Behind Women				Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen	0.10	3:40	36:39	3	0:20	6	0:24	0.10	3:40	36:39	3	0:17	3	0:17
Rad	4.00	15:56	3:59	3	1:54	6	1:54	4.10	19:36	4:46	3	1:15	3	1:15
Lauf	1.00	6:32	6:31	3	0:50	6	0:50	5.10	26:08	5:07	3	2:53	4	2:53