



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Höhler, Sonja

Total time: 26:48

Club: Friedrichroda
Number: 35

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

Rank in course/Total: 23 (of 28)
Rank in course/Women: 6 (of 9)
Best time in course: 23:15

Category:
weibliche Einsteiger AK 8-10

Rank in category: 2(of 4)
Best time in the category: 24:41

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	0.10	3:16	32:39	1	-	1	-	0.10	3:16	32:39	2			10
Rad	4.00	16:31	4:07	2	1:05	7	2:29	4.10	19:47	4:49	2	1:03	10	1:26
Lauf	1.00	7:01	7:00	4	1:04	9	1:19	5.10	26:48	5:15	2	2:07	6	3:33