



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Höhler, Jasmin

Total time: 28:47

Club: Friedrichroda

Number: 34

Course: 5.10 km

Rank in course/Total: 27 (of 28)

Einsteiger (0.1 / 4.0 / 1.0)

Rank in course/Women: 8 (of 9)

Best time in course: 23:15

Category:

Rank in category: 3(of 4)

weibliche Einsteiger AK 8-10

Best time in the category: 24:41

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	0.10	4:34	45:39	4	1:18	8	1:18	0.10	4:34	45:39	3	1:16	10	1:11
Rad	4.00	18:10	4:32	3	2:44	8	4:08	4.10	22:44	5:32	3	4:00	10	4:23
Lauf	1.00	6:03	6:02	2	0:06	4	0:21	5.10	28:47	5:38	3	4:06	8	5:32