



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Schlennstedt, Anja

Total time: 3:44:59

Club: LSG 80 Schmückeläufer

Number: 315

Course: 55.80 km

Rank in course/Total: 38 (of 46)

XL-Cross (0.8 / 45.0 / 10.0)

Rank in course/Women: 4 (of 6)

Best time in course: 3:17:06

Category:

Rank in category: 3(of 4)

Triathlon Frauen AK30

Best time in the category: 3:17:06

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	0.80	17:07	21:23	2	2:14	2	2:14	0.80	17:07	21:23	5	2:14	7	2:14
Rad	45.00	2:22:10	3:09	2	14:35	3	14:35	45.80	2:39:17	3:28	5	16:49	7	16:49
Lauf	10.00	1:05:42	6:34	4	12:44	5	12:44	55.80	3:44:59	4:01	3	27:53	4	27:53