



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Römer, Ramona

Total time: 3:44:26

Club: First-Fitness-Club Bad Salzungen
Number: 336

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

Rank in course/Total: 37 (of 46)

Rank in course/Women: 3 (of 6)

Best time in course: 3:17:06

Category:
Triathlon Frauen AK30

Rank in category: 2(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	23:30	29:22	4	8:37	6	8:37	0.80	23:30	29:22	5	8:37	7	8:37
Rad	45.00	2:27:58	3:17	3	20:23	4	20:23	45.80	2:51:28	3:44	5	29:00	7	29:00
Lauf	10.00	52:58	5:17	1	-	1	-	55.80	3:44:26	4:01	2	27:20	3	27:20