



9. Cross Triathlon Friedrichroda
 99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Lehmann, Annette

Total time: 1:38:34

Club: Triathlon Friedrichroda
 Number: 184

Course: 29.40 km
 Einzel Cross (0.4 / 23.0 / 6.0)

Rank in course/Total: 26 (of 132)
 Rank in course/Women: 2 (of 19)
 Best time in course: 1:35:38

Category:
 Triathlon Frauen AK40

Rank in category: 1(of 8)
 Best time in the category: 1:38:34

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	0.40	7:46	19:24	1	-	2	1:27	0.40	7:46	19:24	1	-	20	
Rad	23.00	1:01:06	2:39	1	-	3	2:45	23.40	1:08:52	2:56	1	-	20	
Lauf	6.00	29:42	4:57	1	-	1	-	29.40	1:38:34	3:21	1	-	2	2:56