



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Ihling, Carmen

Total time: 2:04:10

Club: Bad Salzungen
Number: 136

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

Rank in course/Total: 109 (of 132)
Rank in course/Women: 12 (of 19)
Best time in course: 1:35:38

Category:
Triathlon Frauen AK40

Rank in category: 4(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 | 9:45 | 24:22 | 5 | 1:59 | 13 | 3:26 | 0.40 | 9:45 | 24:22 | 9 | 1:59 | 20 | |
| Rad | 23.00 | 1:20:48 | 3:30 | 6 | 19:42 | 14 | 22:27 | 23.40 | 1:30:33 | 3:52 | 9 | 21:41 | 20 | 2:21 |
| Lauf | 6.00 | 33:37 | 5:36 | 2 | 3:55 | 6 | 3:55 | 29.40 | 2:04:10 | 4:13 | 4 | 25:36 | 12 | 28:32 |