



9. Cross Triathlon Friedrichroda  
 99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Ihling, Carmen

Total time: 2:04:10

Club: Bad Salzungen  
 Number: 136

Enduro U13

Rank in course/Total: 109 (of 132)

Rank in course/Women: 12 (of 19)

Best time in course: 1:35:38

Category:

Rank in category: 4(of 8)

Triathlon Frauen AK40

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	-	2:04:10	-	4	25:36	12	28:32