



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Kühn, Janette

Total time: 1:45:35

Club: LC Olympia Wiesbaden
Number: 219

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

Rank in course/Total: 46 (of 132)
Rank in course/Women: 4 (of 19)
Best time in course: 1:35:38

Category:
Triathlon Frauen AK20

Rank in category: 2(of 5)
Best time in the category: 1:35:38

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	7:56	19:49	2	1:37	3	1:37	0.40	7:56	19:49	6	1:37	20	
Rad	23.00	1:05:11	2:50	2	6:24	4	6:50	23.40	1:13:07	3:07	6	8:01	20	
Lauf	6.00	32:28	5:24	2	1:56	4	2:46	29.40	1:45:35	3:35	2	9:57	4	9:57