



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Schmidt, Sandra

Total time: 2:00:50

Club: GRAFE Advanced Polymers GmbH
Number: 166

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

Rank in course/Total: 100 (of 132)
Rank in course/Women: 8 (of 19)
Best time in course: 1:35:38

Category:
Triathlon Frauen AK20

Rank in category: 4(of 5)
Best time in the category: 1:35:38

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking					
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women
Schwimmen	0.40	10:10	25:24	5	3:51	14	3:51	0.40	10:10	25:24	6	3:51	20
Rad	23.00	1:13:20	3:11	3	14:33	9	14:59	23.40	1:23:30	3:34	6	18:24	20
Lauf	6.00	37:20	6:13	4	6:48	11	7:38	29.40	2:00:50	4:06	4	25:12	8 25:12