



26. stz-Werratal-Triathlon/6. Jedermann Triathlon  
 Naherholungszentrum Immelborn / 07.08.2011

Detailed evaluation

Fricke, Monika

Total time: 3:13:29

Club: AC Apolda

Number: 38

Course: 53.50 km

Rank in course/Total: 38 (of 40)

stz-Werrataltriathlon 1,5-40-10.00

Rank in course/Women: 7 (of 8)

Best time in course: 2:26:46

Category:

Rank in category: 2(of 2)

TW 55-59, Seniorinnen 4

Best time in the category: 2:46:59

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Schwimmen	1.50	33:41	22:27	2	5:42	8	12:48	1.50	33:41	22:27	2	5:42	7	10:24
Rad	42.00	1:33:50	2:14	2	12:02	7	18:07	43.50	2:07:31	2:55	2	17:44	7	24:50
Lauf	10.00	1:05:58	6:35	2	8:46	6	21:53	53.50	3:13:29	3:36	2	26:30	7	46:43