



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Die Gothaer Nixen

Total time: 1:48:08

Number: 73

Speed: 16.09 km/h

Running performance: 3:41 min/km

Course: 29.40 km

Staffel-Cross Triathlon (0,4/23/6 km)

Rank in course: 30 (of 48)

Best time in course: 1:19:11

Category:

Rank in category: 1(of 6)

Staffel Cross - Frauenstaffel

Best time in the category: 1:48:08

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Total ranking			
											Pos Cat.	Behind Cat.	Pos Total	Behind Total
Schwimmen	0.40	7:22	18:24	2	0:15	5	0:27	0.40	7:22	18:24	7	-	-	49
Rad	23.00	1:07:47	2:56	1	-	31	21:44	23.40	1:15:09	3:12	7	-	-	49
Lauf	6.00	32:59	5:29	1	-	31	9:56	29.40	1:48:08	3:40	1	-	-	30 28:57