



10. Cross Triathlon Friedrichroda  
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

PowerPuffGirlsLaLuLi

Total time: 1:52:42

Number: 79

Speed: 15.44 km/h

Running performance: 3:50 min/km

Course: 29.40 km

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

Rank in course: 35 (of 48)

Best time in course: 1:19:11

Category:

Rank in category: 2(of 6)

Staffel Cross - Frauenstaffel

Best time in the category: 1:48:08

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.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total
Schwimmen	0.40	7:07	17:47	1	-	2	0:12	0.40	7:07	17:47	7	-	7	49
Rad	23.00	1:10:48	3:04	4	3:01	38	24:45	23.40	1:17:55	3:19	1	-	1	49
Lauf	6.00	34:47	5:47	3	1:48	37	11:44	29.40	1:52:42	3:50	2	4:34	2	35 33:31