



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

BASISKONFIGURATION, GIRLS-OF-SCIENCE Final time: 2:00:20

Number: 90

Speed: 14.46 km/h

Running performance: 4:05 min/km

Course: 29.40 km

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

Rank in course: 41 (of 48)

Best time in course: 1:19:11

Category:

Rank in category: 4(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	10:26	26:04	5	3:19	39	3:31	0.40	10:26	26:04	7	1:19	49	2:23
Rad	23.00	1:10:16	3:03	3	2:29	37	24:13	23.40	1:20:42	3:26	7	2:47	49	
Lauf	6.00	39:38	6:36	6	6:39	46	16:35	29.40	2:00:20	4:05	4	12:12	41	41:09