



10. Cross Triathlon Friedrichroda  
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Adam, Karin

Total time: 2:07:07

Club: Hildesheim

Number: 141

Course: 29.40 km

Rank in course/Total: 148 (of 172)

Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Women: 14 (of 26)

Best time in course: 1:33:44

Category:

Rank in category: 5(of 10)

AK 40 weiblich

Best time in the category: 1:42:46

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen	0.40	9:36	23:59	5	1:50	12	4:10	0.40	9:36	23:59	11	1:07	27	
Rad	23.00	1:22:37	3:35	5	17:53	18	24:02	23.40	1:32:13	3:56	11	19:00	27	
Lauf	6.00	34:54	5:48	4	5:21	12	7:40	29.40	2:07:07	4:19	5	24:21	14	33:23