



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Gessat, Rebecca

Total time: 1:37:05

Club: Laufclub Dübener Heide
 Number: 259

Course: 29.40 km
 Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Total: 25 (of 172)
 Rank in course/Women: 2 (of 26)
 Best time in course: 1:33:44

Category:
 AK 20 weiblich

Rank in category: 2(of 6)
 Best time in the category: 1:33:44

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	7:55	19:47	2	2:29	3	2:29	0.40	7:55	19:47	7	2:29	27	
Rad	23.00	1:01:56	2:41	3	2:03	4	3:21	23.40	1:09:51	2:59	7	3:30	27	
Lauf	6.00	27:14	4:32	1	-	1	-	29.40	1:37:05	3:18	2	3:21	2	3:21