



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Wozasek, Ingrid

Total time: 2:08:27

Club: Triathlon Friedrichroda
 Number: 175

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

Rank in course/Total: 154 (of 172)
 Rank in course/Women: 18 (of 26)
 Best time in course: 1:33:44

Category:
 AK 50 weiblich

Rank in category: 2(of 4)
 Best time in the category: 2:07:48

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	12:28	31:09	4	2:48	24	7:02	0.40	12:28	31:09	1	-	27	
Rad	23.00	1:16:04	3:18	1	-	12	17:29	23.40	1:28:32	3:47	1	-	27	
Lauf	6.00	39:55	6:39	3	5:25	22	12:41	29.40	2:08:27	4:22	2	0:39	18	34:43