



10. Cross Triathlon Friedrichroda
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Onißeit, Elisabeth

Total time: 2:03:37

Club: AC Apolda

Number: 216

Course: 29.40 km

Rank in course/Total: 140 (of 172)

Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Women: 12 (of 26)

Best time in course: 1:33:44

Category:

Rank in category: 1(of 1)

AK 60 weiblich

Best time in the category: 2:03:37

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Schwimmen	0.40	8:34	21:24	1	-	6	3:08	0.40	8:34	21:24	1	-	27		
Rad	23.00	1:16:47	3:20	1	-	13	18:12	23.40	1:25:21	3:38	1	-	27		
Lauf	6.00	38:16	6:22	1	-	20	11:02	29.40	2:03:37	4:12	1	-	12	29:53	