



10. Cross Triathlon Friedrichroda
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Gießmann, Andrea

Total time: 1:50:37

Club: LTV Erfurt

Number: 274

Course: 29.40 km

Rank in course/Total: 96 (of 172)

Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Women: 7 (of 26)

Best time in course: 1:33:44

Category:

Rank in category: 2(of 5)

AK 30 weiblich

Best time in the category: 1:43:44

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women
								km	Time	min/km	Pos	Behind	Pos				
Schwimmen	0.40	7:57	19:52	1	-	4	2:31	0.40	7:57	19:52	6						27
Rad	23.00	1:09:56	3:02	2	11:21	7	11:21	23.40	1:17:53	3:19	6	8:30					27
Lauf	6.00	32:44	5:27	1	-	8	5:30	29.40	1:50:37	3:45	2	6:53			7		16:53