



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Rudolf, Alexandra

Total time: 26:43

Club: HSV Weimar

Number: 24

Course: 5.10 km

Rank in course/Total: 30 (of 41)

Einsteiger Triathlon (0.1/4/1 km)

Rank in course/Women: 11 (of 18)

Best time in course: 23:56

Category:

Rank in category: 6(of 9)

weibliche Einsteiger AK 11-14

Best time in the category: 23:56

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	0.10	3:24	34:00	4	0:28	6	0:28	0.10	3:24	34:00	5			19
Rad	4.00	17:08	4:16	6	10:33	12	10:33	4.10	20:32	5:00	5	1:19		19
Lauf	1.00	6:11	6:11	4	0:38	9	0:51	5.10	26:43	5:14	6	2:47	11	2:47