



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Sonnenberg, Cora

Total time: 1:56:23

Club: Triathlon Jena
 Number: 285

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

Rank in course/Total: 122 (of 172)
 Rank in course/Women: 9 (of 26)
 Best time in course: 1:33:44

Category:
 AK 40 weiblich

Rank in category: 3(of 10)
 Best time in the category: 1:42:46

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	8:56	22:19	3	1:10	10	3:30	0.40	8:56	22:19	11	0:27	27	
Rad	23.00	1:13:34	3:11	3	8:50	9	14:59	23.40	1:22:30	3:31	11	9:17	27	
Lauf	6.00	33:53	5:38	3	4:20	9	6:39	29.40	1:56:23	3:57	3	13:37	9	22:39