



10. Cross Triathlon Friedrichroda
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Rudloff, Claudia

Total time: 2:14:14

Club: INJOY Fitnessclub

Number: 240

Course: 29.40 km

Rank in course/Total: 159 (of 172)

Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Women: 20 (of 26)

Best time in course: 1:33:44

Category:

Rank in category: 5(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 km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen	0.40	10:53	27:12	5	2:56	21	5:27	0.40	10:53	27:12	6	0:05	27	
Rad	23.00	1:25:39	3:43	5	27:04	22	27:04	23.40	1:36:32	4:07	6	27:09	27	0:30
Lauf	6.00	37:42	6:17	5	4:58	17	10:28	29.40	2:14:14	4:33	5	30:30	20	40:30