



10. Cross Triathlon Friedrichroda
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Müller, Sylva

Total time: 2:19:50

Club: AC Apolda

Number: 235

Course: 29.40 km

Rank in course/Total: 163 (of 172)

Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Women: 22 (of 26)

Best time in course: 1:33:44

Category:

Rank in category: 7(of 10)

AK 40 weiblich

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	7:46	19:24	1	-	2	2:20	0.40	7:46	19:24	11			27
Rad	23.00	1:31:25	3:58	10	26:41	25	32:50	23.40	1:39:11	4:14	11	25:58	27	3:09
Lauf	6.00	40:39	6:46	8	11:06	23	13:25	29.40	2:19:50	4:45	7	37:04	22	46:06