



10. Cross Triathlon Friedrichroda
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Fricke, Monika

Total time: 2:16:27

Club: AC Apolda

Number: 262

Course: 29.40 km

Rank in course/Total: 161 (of 172)

Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Women: 21 (of 26)

Best time in course: 1:33:44

Category:

Rank in category: 3(of 4)

AK 50 weiblich

Best time in the category: 2:07:48

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	9:40	24:09	1	-	14	4:14	0.40	9:40	24:09	5						27
Rad	23.00	1:24:56	3:41	3	8:52	21	26:21	23.40	1:34:36	4:02	5	6:04					27
Lauf	6.00	41:51	6:58	4	7:21	24	14:37	29.40	2:16:27	4:38	3	8:39					42:43