



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Bärwolf, Silvia

Total time: 2:40:25

Club: Laufftreff Breitungen
 Number: 276

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

Rank in course/Total: 169 (of 172)
 Rank in course/Women: 26 (of 26)
 Best time in course: 1:33:44

Category:
 AK 50 weiblich

Rank in category: 4(of 4)
 Best time in the category: 2:07:48

Control	Intermediate times				Stage score				Total ranking					
	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	10:51	27:07	3	1:11	20	5:25	0.40	10:51	27:07	5			27
Rad	23.00	1:55:04	5:00	4	39:00	26	56:29	23.40	2:05:55	5:22	5	37:23	27	29:53
Lauf	6.00	34:30	5:45	1	-	11	7:16	29.40	2:40:25	5:27	4	32:37	26	1:06:41