



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Höhler, Sonja

Total time: 24:22

Club: Friedrichroda
 Number: 35

Course: 5.10 km
 Einsteiger Triathlon (0.1/4/1 km)

Rank in course/Total: 9 (of 41)
 Rank in course/Women: 2 (of 18)
 Best time in course: 23:56

Category:
 weibliche Einsteiger AK 11-14

Rank in category: 2(of 9)
 Best time in the category: 23:56

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	0.10	3:18	32:59	2	0:22	2	0:22	0.10	3:18	32:59	10			6
Rad	4.00	15:31	3:52	4	8:56	4	8:56	4.10	18:49	4:35	10			13
Lauf	1.00	5:33	5:32	1	-	2	0:13	5.10	24:22	4:46	2	0:26	2	0:26