



10. Cross Triathlon Friedrichroda
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Kösler, Daniela

Total time: 2:50:20

Club: ASV Köln Triathlon

Number: 355

Course: 40.80 km

Rank in course/Total: 28 (of 50)

XTERRA Thüringen (0,8/30/10 km)

Rank in course/Women: 2 (of 7)

Best time in course: 2:49:46

Category:

Rank in category: 1(of 1)

AK 3, TW 30

Best time in the category: 2:50:20

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	0.80	13:02	16:17	1	-	2	0:40	0.80	13:02	16:17	1	-	8	0:40
Rad	30.00	1:45:10	3:30	1	-	1	-	30.80	1:58:12	3:50	1	-	1	-
Lauf	10.00	52:08	5:12	1	-	3	23:30	40.80	2:50:20	4:10	1	-	2	0:34