



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Bartl-Onißeit, Susan

Total time: 3:12:38

Club: AC Apolda
 Number: 328

Course: 40.80 km
 XTERRA Thüringen (0,8/30/10 km)

Rank in course/Total: 42 (of 50)
 Rank in course/Women: 4 (of 7)
 Best time in course: 2:49:46

Category:
 AK 4, TW 35

Rank in category: 2(of 3)
 Best time in the category: 3:00:46

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	0.80	16:36	20:45	1	-	3	4:14	0.80	16:36	20:45	4		8	4:14
Rad	30.00	1:56:47	3:53	2	7:05	4	11:37	30.80	2:13:23	4:19	4	6:11	8	15:11
Lauf	10.00	59:15	5:55	3	30:37	5	30:37	40.80	3:12:38	4:43	3	11:52	5	22:52