



10. Cross Triathlon Friedrichroda  
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Rauch, Jana

Total time: 3:27:35

Club: TV Valtenberg e.V.  
 Number: 305

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

Rank in course/Total: 44 (of 50)  
 Rank in course/Women: 5 (of 7)  
 Best time in course: 2:49:46

Category:  
 Seniorinnen 1, TW 40

Rank in category: 1(of 1)  
 Best time in the category: 3:27:35

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen	0.80	18:34	23:12	1	-	6	6:12	0.80	18:34	23:12	1	-	8	6:12
Rad	30.00	2:04:26	4:08	1	-	5	19:16	30.80	2:23:00	4:38	1	-	8	24:48
Lauf	10.00	1:04:35	6:27	1	-	7	35:57	40.80	3:27:35	5:05	1	-	6	37:49