



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Marquardt, Ines

Club: ASV Köln Triathlon
 Number: 356

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

Category:
 AK 4, TW 35

Rank in course/Total: DSQ (of 50)
 Rank in course/Women: DSQ (of 7)
 Best time in course: 2:49:46
 Rank in category: DSQ(of 3)
 Best time in the category: 3:00:46

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	16:43	20:53	2	0:07	4	4:21	0.80	16:43	20:53	4		8	4:21
Rad	30.00	2:27:13	4:54	3	37:31	6	42:03	30.80	2:43:56	5:19	4	36:44	8	45:44
Lauf	10.00	28:38	2:51	1	-	1	-	40.80	-	-	-	-	-	-