



10. Cross Triathlon Friedrichroda  
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Steininger, Heike

Total time: 3:53:50

Club: TG Bad Waldsee

Number: 331

Course: 40.80 km

Rank in course/Total: 46 (of 50)

XTERRA Thüringen (0,8/30/10 km)

Rank in course/Women: 6 (of 7)

Best time in course: 2:49:46

Category:

Rank in category: 1(of 1)

Seniorinnen 2, TW 45

Best time in the category: 3:53:50

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	19:03	23:48	1	-	7	6:41	0.80	19:03	23:48	1	-	8	6:41
Rad	30.00	2:34:55	5:09	1	-	7	49:45	30.80	2:53:58	5:38	1	-	8	55:46
Lauf	10.00	59:52	5:59	1	-	6	31:14	40.80	3:53:50	5:43	1	-	7	1:04:04