



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Brückner, Grit

Total time: 25:42

Club: Erfurt
 Number: 29

Course: 5.10 km
 Einsteiger Triathlon (0.1/4/1 km)

Rank in course/Total: 20 (of 41)
 Rank in course/Women: 5 (of 18)
 Best time in course: 23:56

Category:
 weibliche Einsteiger ab AK 20

Rank in category: 1(of 2)
 Best time in the category: 25:42

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	0.10	3:34	35:39	2	0:10	8	0:38	0.10	3:34	35:39	1	-	19	
Rad	4.00	16:08	4:01	1	-	6	9:33	4.10	19:42	4:48	1	-	19	
Lauf	1.00	6:00	6:00	1	-	5	0:40	5.10	25:42	5:02	1	-	5	1:46