



10. Cross Triathlon Friedrichroda  
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Grube, Katja

Total time: 25:49

Club: Erfurt  
Number: 30

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

Rank in course/Total: 21 (of 41)  
Rank in course/Women: 6 (of 18)  
Best time in course: 23:56

Category:  
weibliche Einsteiger ab AK 20

Rank in category: 2(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	3:24	34:00	1	-	6	0:28	0.10	3:24	34:00	2			19
Rad	4.00	16:16	4:03	2	0:08	7	9:41	4.10	19:40	4:47	2			19
Lauf	1.00	6:09	6:09	2	0:09	8	0:49	5.10	25:49	5:03	2	0:07	6	1:53