



10. Cross Triathlon Friedrichroda  
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Kühmel, Selina

Total time: 28:32

Club: Triathlon Friedrichroda  
 Number: 22

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

Rank in course/Total: 34 (of 41)  
 Rank in course/Women: 14 (of 18)  
 Best time in course: 23:56

Category:  
 weibliche Einsteiger AK 11-14

Rank in category: 7(of 9)  
 Best time in the category: 23:56

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	3:38	36:19	5	0:42	9	0:42	0.10	3:38	36:19	10			5
Rad	4.00	17:24	4:20	8	10:49	14	10:49	4.10	21:02	5:07	10	1:49		5
Lauf	1.00	7:30	7:30	8	1:57	16	2:10	5.10	28:32	5:35	7	4:36	14	4:36