



10. Cross Triathlon Friedrichroda  
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Kühmel, Aileen

Total time: 28:32

Club: Triathlon Friedrichroda  
 Number: 23

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

Rank in course/Total: 35 (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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score  |                 | Total ranking |               |                 |             |                |              |                 |
|-----------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|           |             |               |                 |             |                | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
| Schwimmen | 0.10        | 3:39          | 36:30           | 6           | 0:43           | 10           | 0:43            | 0.10          | 3:39          | 36:30           | 10          |                |              | 4               |
| Rad       | 4.00        | 17:20         | 4:19            | 7           | 10:45          | 13           | 10:45           | 4.10          | 20:59         | 5:07            | 10          | 1:46           |              | 4               |
| Lauf      | 1.00        | 7:33          | 7:32            | 9           | 2:00           | 17           | 2:13            | 5.10          | 28:32         | 5:35            | 7           | 4:36           |              | 14 4:36         |