



10. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Lehmann, Annette

Total time: 1:42:46

Club: Triathlon Friedrichroda
 Number: 157

Course: 29.40 km
 Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Total: 53 (of 172)
 Rank in course/Women: 4 (of 26)
 Best time in course: 1:33:44

Category:
 AK 40 weiblich

Rank in category: 1(of 10)
 Best time in the category: 1:42:46

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	0.40	8:29	21:12	2	0:43	5	3:03	0.40	8:29	21:12	1	-	27	
Rad	23.00	1:04:44	2:48	1	-	5	6:09	23.40	1:13:13	3:07	1	-	27	
Lauf	6.00	29:33	4:55	1	-	3	2:19	29.40	1:42:46	3:29	1	-	4	9:02