



10. Cross Triathlon Friedrichroda  
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Ernst, Beate

Total time: 1:55:23

Club: sonntagsläufer tambach-dietharz  
Number: 156

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

Rank in course/Total: 120 (of 172)

Rank in course/Women: 8 (of 26)

Best time in course: 1:33:44

Category:

Rank in category: 2(of 10)

AK 40 weiblich

Best time in the category: 1:42:46

Intermediate times

Stage score

Total ranking

Control	Split				Pos				Total					
	km	Time	min/km	Cat.	Behind	Pos	Behind	km	Time	min/km	Pos	Behind	Pos	Behind
Schwimmen	0.40	9:25	23:32	4	1:39	11	3:59	0.40	9:25	23:32	11	0:56	27	
Rad	23.00	1:14:09	3:13	4	9:25	10	15:34	23.40	1:23:34	3:34	11	10:21	27	
Lauf	6.00	31:49	5:18	2	2:16	6	4:35	29.40	1:55:23	3:55	2	12:37	8	21:39