



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Wozasek, Ingrid

Total time: 1:39:34

Club: Triathlon Friedrichroda
Number: 174

Course: 21.30 km
Einzel Cross Triathlon (0.3/16,0/5,0 km)

Rank in course/Total: 99 (of 122)
Rank in course/Women: 9 (of 16)
Best time in course: 1:22:57

Category:
Seniorinnen 2, TW 50

Rank in category: 2(of 4)
Best time in the category: 1:36:28

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	0.30	9:11	30:36	3	2:13	15	3:13	0.30	9:11	30:36	5	1:32	17	1:51
Schwimmen Total	0.30	9:11												
Rad	16.00	1:01:00	3:48	2	0:15	9	9:24	16.30	1:10:11	4:18	5		17	1:45
Rad Total	16.00	1:01:00												
Lauf	5.00	29:23	5:52	3	4:51	11	5:56	21.30	1:39:34	4:40	2	3:06	9	16:37
Lauf Total	21.00	1:39:34												