



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Fricke, Monika

Total time: 1:36:28

Club: AC Apolda

Number: 188

Course: 21.30 km

Rank in course/Total: 92 (of 122)

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

Rank in course/Women: 7 (of 16)

Best time in course: 1:22:57

Category:

Rank in category: 1(of 4)

Seniorinnen 2, TW 50

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	6:58	23:13	1	-	4	1:00	0.30	6:58	23:13	5	-	17	-
Schwimmen Total	0.30	6:58												
Rad	16.00	1:00:45	3:47	1	-	8	9:09	16.30	1:07:43	4:09	5	-	17	-
Rad Total	16.00	1:00:45												
Lauf	5.00	28:45	5:45	2	4:13	10	5:18	21.30	1:36:28	4:31	1	-	7	13:31
Lauf Total	21.00	1:36:28												