



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Blümel, Susan

Total time: 1:40:44

Club: AC Apolda

Number: 187

Course: 21.30 km

Rank in course/Total: 102 (of 122)

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

Rank in course/Women: 10 (of 16)

Best time in course: 1:22:57

Category:

Rank in category: 3(of 5)

Seniorinnen 1, TW 40

Best time in the category: 1:29:41

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	7:12	24:00	1	-	6	1:14	0.30	7:12	24:00	6			17
Schwimmen Total	0.30	7:12												
Rad	16.00	1:00:38	3:47	2	3:02	6	9:02	16.30	1:07:50	4:09	6			17
Rad Total	16.00	1:00:38												
Lauf	5.00	32:54	6:34	5	9:20	14	9:27	21.30	1:40:44	4:43	3	11:03	10	17:47
Lauf Total	21.00	1:40:44												