



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

## Detailed evaluation

**Albrecht, Katrin**

**Total time: 1:49:40**

Club: Laufftreff Breitungen  
Number: 175

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

Rank in course/Total: 115 (of 122)  
Rank in course/Women: 14 (of 16)  
Best time in course: 1:22:57

Category:  
Seniorinnen 1, TW 40

Rank in category: 5(of 5)  
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	8:55	29:43	5	1:43	14	2:57	0.30	8:55	29:43	6	1:35	17	1:35
Schwimmen Total	0.30	8:55												
Rad	16.00	1:16:39	4:47	5	19:03	15	25:03	16.30	1:25:34	5:14	6	17:08	17	17:08
Rad Total	16.00	1:16:39												
Lauf	5.00	24:06	4:49	2	0:32	3	0:39	21.30	1:49:40	5:08	5	19:59	14	26:43
Lauf Total	21.00	1:49:40												