



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Ihling, Carmen

Total time: 3:31:53

Club: TV Barchfeld

Number: 324

Course: 38.60 km

Rank in course/Total: 77 (of 82)

XTERRA Thüringen (0,6/28,0/10,0 km)

Rank in course/Women: 4 (of 4)

Best time in course: 2:38:42

Category:

Rank in category: 1(of 1)

Seniorinnen 2, TW 45

Best time in the category: 3:31:53

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	0.60	15:21	25:34	1	-	4	6:10	0.60	15:21	25:34	1	-	5	6:10
Schwimmen Total	0.60	15:21												
Rad	28.00	2:19:22	4:58	1	-	4	43:50	28.60	2:34:43	5:24	1	-	5	44:11
Rad Total	28.00	2:19:22												
Lauf	10.00	57:10	5:43	1	-	4	9:00	38.60	3:31:53	5:29	1	-	4	53:11
Lauf Total	38.00	3:31:53												