



11. Cross Triathlon Friedrichroda
Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Adam, Karin

Total time: 1:35:07

Club: Eintracht Hildesheim

Number: 121

Course: 21.30 km

Rank in course/Total: 91 (of 122)

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

Rank in course/Women: 6 (of 16)

Best time in course: 1:22:57

Category:

Rank in category: 2(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	7:20	24:26	2	0:08	7	1:22	0.30	7:20	24:26	1	-	1	-
Schwimmen Total	0.30	7:20												
Rad	16.00	1:01:06	3:49	3	3:30	10	9:30	16.30	1:08:26	4:11	1	-	1	-
Rad Total	16.00	1:01:06												
Lauf	5.00	26:41	5:20	3	3:07	8	3:14	21.30	1:35:07	4:27	2	5:26	6	12:10
Lauf Total	21.00	1:35:07												