



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

## Detailed evaluation

**Haserodt, Janette**

**Total time: 1:22:57**

Club: LC Olympia Wiesbaden

Number: 198

Course: 21.30 km

Rank in course/Total: 45 (of 122)

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

Rank in course/Women: 1 (of 16)

Best time in course: 1:22:57

Category:

Rank in category: 1(of 3)

AK 1, TW 20

Best time in the category: 1:22:57

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	5:58	19:53	1	-	1	-	0.30	5:58	19:53	1	-	17	
Schwimmen Total	0.30	5:58												
Rad	16.00	51:36	3:13	1	-	1	-	16.30	57:34	3:31	1	-	17	
Rad Total	16.00	51:36												
Lauf	5.00	25:23	5:04	1	-	6	1:56	21.30	1:22:57	3:53	1	-	1	-
Lauf Total	21.00	1:22:57												