



11. Cross Triathlon Friedrichroda
 Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Bärwolf, Silvia

Total time: 1:44:24

Club: Laufftreff Breitungen
 Number: 111

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

Rank in course/Total: 110 (of 122)
 Rank in course/Women: 12 (of 16)
 Best time in course: 1:22:57

Category:
 Seniorinnen 2, TW 50

Rank in category: 3(of 4)
 Best time in the category: 1:36:28

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	7:39	25:30	2	0:41	9	1:41	0.30	7:39	25:30	1	-	17	0:19
Schwimmen Total	0.30	7:39												
Rad	16.00	1:12:13	4:30	3	11:28	13	20:37	16.30	1:19:52	4:53	1	-	17	11:26
Rad Total	16.00	1:12:13												
Lauf	5.00	24:32	4:54	1	-	5	1:05	21.30	1:44:24	4:54	3	7:56	12	21:27
Lauf Total	21.00	1:44:24												