



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Hermann, Grit

Total time: 1:41:57

Club: Albersdorf

Number: 122

Course: 21.30 km

Rank in course/Total: 104 (of 122)

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

Rank in course/Women: 11 (of 16)

Best time in course: 1:22:57

Category:

Rank in category: 3(of 3)

AK 2, TW 30

Best time in the category: 1:25:08

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	7:59	26:36	3	1:05	10	2:01	0.30	7:59	26:36	4	0:34	17	0:39
Schwimmen Total	0.30	7:59												
Rad	16.00	1:07:00	4:11	3	13:28	12	15:24	16.30	1:14:59	4:36	4	14:02	17	6:33
Rad Total	16.00	1:07:00												
Lauf	5.00	26:58	5:23	3	2:32	9	3:31	21.30	1:41:57	4:47	3	16:49	11	19:00
Lauf Total	21.00	1:41:57												