



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Kleinke, Nadine

Total time: 1:25:08

Club: Fitnessoase-Ohrdruf
Number: 216

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

Rank in course/Total: 54 (of 122)
Rank in course/Women: 2 (of 16)
Best time in course: 1:22:57

Category:
AK 2, TW 30

Rank in category: 1(of 3)
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	6:54	23:00	1	-	3	0:56	0.30	6:54	23:00	4	-	17	-
Schwimmen Total	0.30	6:54												
Rad	16.00	53:48	3:21	2	0:16	3	2:12	16.30	1:00:42	3:43	4	-	17	-
Rad Total	16.00	53:48												
Lauf	5.00	24:26	4:53	1	-	4	0:59	21.30	1:25:08	3:59	1	-	2	2:11
Lauf Total	21.00	1:25:08												