



11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

Detailed evaluation

Tiepold, Julia

Total time: 1:37:43

Club: Erfurt
Number: 167

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

Rank in course/Total: 96 (of 122)
Rank in course/Women: 8 (of 16)
Best time in course: 1:22:57

Category:
AK 1, TW 20

Rank in category: 2(of 3)
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	7:11	23:56	2	1:13	5	1:13	0.30	7:11	23:56	4	1:13	17	
Schwimmen Total	0.30	7:11												
Rad	16.00	1:00:44	3:47	2	9:08	7	9:08	16.30	1:07:55	4:10	4	10:21	17	
Rad Total	16.00	1:00:44												
Lauf	5.00	29:48	5:57	2	4:25	12	6:21	21.30	1:37:43	4:35	2	14:46	8	14:46
Lauf Total	21.00	1:37:43												