



# 12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

## Detailed evaluation

**Pokorny, Yvonne**

**Total time: 1:36:02**

Club: TSV 1880 Gera Zwätzen

Number: 127

Course: 20.30 km

Rank in course/Total: 102 (of 133)

Cross Triathlon (0.3/15,0/5,0 km)

Rank in course/Women: 12 (of 24)

Best time in course: 1:22:41

Category:

Rank in category: 4(of 8)

AK 30 weiblich

Best time in the category: 1:29:11

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Women	Behind Women	km	Time			min/km	Pos Women	Behind Women
Schwimmen	0.30	7:20	24:26	3	0:21	10	2:14	0.30	7:20	24:26	9		25	0:21
Rad	15.00	1:00:27	4:01	6	3:35	14	7:01	15.30	1:07:47	4:25	9	1:23	25	0:34
Lauf	5.00	28:15	5:39	4	3:02	13	5:24	20.30	1:36:02	4:43	4	6:51	12	13:21