



# 12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

## Detailed evaluation

Fricke, Monika

Total time: 1:39:45

Club: AC Apolda

Number: 121

Course: 20.30 km

Rank in course/Total: 114 (of 133)

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

Rank in course/Women: 18 (of 24)

Best time in course: 1:22:41

Category:

Rank in category: 3(of 4)

AK 50 weiblich

Best time in the category: 1:33:52

### 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	7:03	23:30	2	0:03	8	1:57	0.30	7:03	23:30	1	-	25	0:04
Rad	15.00	1:02:33	4:10	2	2:00	18	9:07	15.30	1:09:36	4:32	1	-	25	2:23
Lauf	5.00	30:09	6:01	4	4:20	20	7:18	20.30	1:39:45	4:54	3	5:53	18	17:04