



12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

Detailed evaluation

Lutschan, Sabine

Total time: 1:42:45

Club: Uhlstädt

Number: 112

Course: 20.30 km

Rank in course/Total: 121 (of 133)

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

Rank in course/Women: 20 (of 24)

Best time in course: 1:22:41

Category:

Rank in category: 7(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 km	Total Time	Total min/km	Total ranking			
						Pos Women	Behind Women				Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen	0.30	7:34	25:13	6	0:35	14	2:28	0.30	7:34	25:13	9		25	0:35
Rad	15.00	59:49	3:59	4	2:57	12	6:23	15.30	1:07:23	4:24	9	0:59	25	0:10
Lauf	5.00	35:22	7:04	8	10:09	24	12:31	20.30	1:42:45	5:03	7	13:34	20	20:04