



12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

Detailed evaluation

Fröhlich, Marlen

Total time: 1:30:35

Club: Erfurt

Number: 195

Course: 20.30 km

Rank in course/Total: 86 (of 133)

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

Rank in course/Women: 6 (of 24)

Best time in course: 1:22:41

Category:

Rank in category: 3(of 3)

AK 20 weiblich

Best time in the category: 1:25:35

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	5:52	19:33	3	0:46	4	0:46	0.30	5:52	19:33	4	0:46	25			
Rad	15.00	57:59	3:51	3	3:40	8	4:33	15.30	1:03:51	4:10	4	4:26	25			
Lauf	5.00	26:44	5:20	2	2:03	8	3:53	20.30	1:30:35	4:27	3	5:00	6	7:54		