



12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

Detailed evaluation

Onißeit, Elisabeth

Total time: 1:33:24

Club: AC Apolda

Number: 188

Course: 20.30 km

Rank in course/Total: 94 (of 133)

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

Rank in course/Women: 9 (of 24)

Best time in course: 1:22:41

Category:

Rank in category: 1(of 1)

AK 60 weiblich

Best time in the category: 1:33:24

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	7:53	26:16	1	-	16	2:47	0.30	7:53	26:16	1	-	25	0:54
Rad	15.00	58:35	3:54	1	-	11	5:09	15.30	1:06:28	4:20	1	-	25	
Lauf	5.00	26:56	5:23	1	-	10	4:05	20.30	1:33:24	4:36	1	-	9	10:43