



12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

Detailed evaluation

Olschewski, Cornelia

Total time: 1:36:09

Club: Thüringen

Number: 193

Course: 20.30 km

Rank in course/Total: 103 (of 133)

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

Rank in course/Women: 13 (of 24)

Best time in course: 1:22:41

Category:

Rank in category: 5(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 ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen	0.30	7:22	24:33	4	0:23	11	2:16	0.30	7:22	24:33	9		25	0:23
Rad	15.00	1:02:01	4:08	7	5:09	16	8:35	15.30	1:09:23	4:32	9	2:59	25	2:10
Lauf	5.00	26:46	5:21	3	1:33	9	3:55	20.30	1:36:09	4:44	5	6:58	13	13:28