



12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

Detailed evaluation

Wozasek, Ingrid

Total time: 1:42:15

Club: Triathlon Friedrichroda

Number: 207

Course: 20.30 km

Rank in course/Total: 119 (of 133)

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

Rank in course/Women: 19 (of 24)

Best time in course: 1:22:41

Category:

Rank in category: 4(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.	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	9:33	31:50	4	2:33	23	4:27	0.30	9:33	31:50	5	2:30	25	2:34
Rad	15.00	1:03:14	4:12	3	2:41	20	9:48	15.30	1:12:47	4:45	5	3:11	25	5:34
Lauf	5.00	29:28	5:53	3	3:39	18	6:37	20.30	1:42:15	5:02	4	8:23	19	19:34