



12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

Detailed evaluation

Seidel, Antje

Total time: 1:52:19

Club: Skiklub Oker

Number: 203

Course: 20.30 km

Rank in course/Total: 131 (of 133)

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

Rank in course/Women: 24 (of 24)

Best time in course: 1:22:41

Category:

Rank in category: 7(of 7)

AK 40 weiblich

Best time in the category: 1:28:13

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total ranking		
						Pos Women	Behind Women	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen	0.30	7:42	25:40	2	0:42	15	2:36	0.30	7:42	25:40	8		25	0:43
Rad	15.00	1:11:49	4:47	7	15:54	24	18:23	15.30	1:19:31	5:11	8	13:42	25	12:18
Lauf	5.00	32:48	6:33	6	9:57	22	9:57	20.30	1:52:19	5:31	7	24:06	24	29:38