



12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

Detailed evaluation

Ernst, Beate

Total time: 3:04:56

Club: Triathlon Friedrichroda

Number: 325

Course: 38.60 km

Rank in course/Total: 55 (of 66)

XTERRA Thüringen (0,6/28,0/10,0 km)

Rank in course/Women: 6 (of 7)

Best time in course: 2:37:30

Category:

Rank in category: 1(of 1)

Seniorinnen 2, TW 45

Best time in the category: 3:04:56

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen	0.60	14:51	24:45	1	-	7	4:25	0.60	14:51	24:45	1	-	8	3:32
Rad	28.00	1:57:31	4:11	1	-	6	18:41	28.60	2:12:22	4:37	1	-	8	22:13
Lauf	10.00	52:34	5:15	1	-	5	5:13	38.60	3:04:56	4:47	1	-	6	27:26