



# 12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

## Detailed evaluation

Ihling, Carmen

Total time: 3:14:35

Club: TV barchfeld

Number: 334

Course: 38.60 km

Rank in course/Total: 60 (of 66)

XTERRA Thüringen (0,6/28,0/10,0 km)

Rank in course/Women: 7 (of 7)

Best time in course: 2:37:30

Category:

Rank in category: 1(of 1)

Seniorinnen 2, TW 50

Best time in the category: 3:14:35

### 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	0.60	14:36	24:19	1	-	6	4:10	0.60	14:36	24:19	1	-	8	3:17
Rad	28.00	2:03:09	4:23	1	-	7	24:19	28.60	2:17:45	4:48	1	-	8	27:36
Lauf	10.00	56:50	5:41	1	-	7	9:29	38.60	3:14:35	5:02	1	-	7	37:05