



12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

Detailed evaluation

Haag, Heike

Total time: 1:32:48

Club: SV Wartburgstadt Triathlon, 1.HGDC Lauterbach

Number: 106

Course: 20.30 km

Rank in course/Total: 91 (of 133)

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

Rank in course/Women: 8 (of 24)

Best time in course: 1:22:41

Category:

Rank in category: 2(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Women	Behind Women	km	Time			min/km	Pos Women	Behind Women
Schwimmen	0.30	8:11	27:16	5	1:11	19	3:05	0.30	8:11	27:16	8	0:11	25	1:12
Rad	15.00	57:38	3:50	3	1:43	7	4:12	15.30	1:05:49	4:18	1	-	25	
Lauf	5.00	26:59	5:23	2	4:08	11	4:08	20.30	1:32:48	4:34	2	4:35	8	10:07