



# 12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

## Detailed evaluation

Krüger, Thomas

Total time: 1:12:29

Club: KS Sportsworld

Number: 225

Course: 20.30 km

Rank in course/Total: 15 (of 133)

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

Rank in course/Men: 15 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 7(of 30)

AK 30 männlich

Best time in the category: 1:05:21

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Total ranking				
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Schwimmen	0.30	4:42	15:40	2	0:16	4	0:31	0.30	4:42	15:40	31			110	
Rad	15.00	46:57	3:07	12	8:18	27	8:18	15.30	51:39	3:22	30	3:08	109	3:01	
Lauf	5.00	20:50	4:09	5	1:17	13	2:22	20.30	1:12:29	3:34	7	7:08	15	7:11	