



# 12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

## Detailed evaluation

Swiderski, Jan

Total time: 1:21:51

Club: WSC 07 Ruhla

Number: 198

Course: 20.30 km

Rank in course/Total: 53 (of 133)

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

Rank in course/Men: 53 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 14(of 34)

AK 40 männlich

Best time in the category: 1:05:18

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Schwimmen	0.30	6:04	20:13	10	1:09	33	1:53	0.30	6:04	20:13	35	0:01	110	
Rad	15.00	52:48	3:31	19	11:22	62	14:09	15.30	58:52	3:50	35		109	10:14
Lauf	5.00	22:59	4:35	8	4:31	35	4:31	20.30	1:21:51	4:01	14	16:33	53	16:33