



12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

Detailed evaluation

Machtans, Jan

Total time: 1:41:02

Club: Berlin
Number: 109

Course: 20.30 km
Cross Triathlon (0.3/15,0/5,0 km)

Rank in course/Total: 115 (of 133)
Rank in course/Men: 97 (of 109)
Best time in course: 1:05:18

Category:
AK 30 männlich

Rank in category: 28(of 30)
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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.30	8:23	27:56	27	3:57	98	4:12	0.30	8:23	27:56	31	1:35	110	0:38
Rad	15.00	1:03:54	4:15	28	25:15	101	25:15	15.30	1:12:17	4:43	30	23:46	109	23:39
Lauf	5.00	28:45	5:45	27	9:12	91	10:17	20.30	1:41:02	4:58	28	35:41	97	35:44