



12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

Detailed evaluation

Nothnagel, Uwe

Total time: 1:21:45

Club: Fitnessoase Ohrdruf

Number: 211

Enduro Long Women

Rank in course/Total: 52 (of 133)

Rank in course/Men: 52 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 13(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	6:31	21:43	15	1:36	45	2:20	0.30	6:31	21:43	35	0:28	110	
Rad	15.00	50:44	3:22	14	9:18	53	12:05	15.30	57:15	3:44	35		109	8:37
Lauf	5.00	24:30	4:54	13	6:02	50	6:02	-	1:21:45	-	13	16:27	52	16:27