



# 12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

## Detailed evaluation

Hermann, Jan

Total time: 1:23:44

Club: Fitnessoase Ohrdruf

Number: 202

Course: 20.30 km

Rank in course/Total: 61 (of 133)

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

Rank in course/Men: 60 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 23(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	6:34	21:53	14	2:08	49	2:23	0.30	6:34	21:53	31			110	
Rad	15.00	51:08	3:24	22	12:29	55	12:29	15.30	57:42	3:46	30	9:11	109	9:04	
Lauf	5.00	26:02	5:12	23	6:29	72	7:34	20.30	1:23:44	4:07	23	18:23	60	18:26	