



12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

Detailed evaluation

Nowak, Jens

Total time: 1:24:10

Club: Elxleben

Number: 205

Course: 20.30 km

Rank in course/Total: 63 (of 133)

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

Rank in course/Men: 62 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 20(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.30	7:28	24:53	29	2:33	80	3:17	0.30	7:28	24:53	35	1:25	110	
Rad	15.00	52:37	3:30	18	11:11	61	13:58	15.30	1:00:05	3:55	35		109	11:27
Lauf	5.00	24:05	4:48	12	5:37	47	5:37	20.30	1:24:10	4:08	20	18:52	62	18:52