



12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

Detailed evaluation

Amthor, Holger

Total time: 1:41:28

Club: Fit Unlimited Suhl

Number: 122

Course: 20.30 km

Rank in course/Total: 118 (of 133)

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

Rank in course/Men: 100 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 13(of 15)

AK 50 männlich

Best time in the category: 1:15:23

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.30	10:16	34:13	15	4:47	109	6:05	0.30	10:16	34:13	16	2:05	110	2:31
Rad	15.00	1:03:42	4:14	14	16:34	100	25:03	15.30	1:13:58	4:50	16	12:40	109	25:20
Lauf	5.00	27:30	5:30	9	6:47	81	9:02	20.30	1:41:28	4:59	13	26:05	100	36:10