



12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

Detailed evaluation

Schäfer, Heiko

Total time: 1:34:12

Club: Gotha

Number: 162

Course: 20.30 km

Rank in course/Total: 98 (of 133)

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

Rank in course/Men: 88 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 29(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	7:10	23:53	27	2:15	69	2:59	0.30	7:10	23:53	35	1:07	110	
Rad	15.00	58:40	3:54	29	17:14	88	20:01	15.30	1:05:50	4:18	35	3:50	109	17:12
Lauf	5.00	28:22	5:40	29	9:54	89	9:54	20.30	1:34:12	4:38	29	28:54	88	28:54