



12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

Detailed evaluation

Krannich, Steffen

Total time: 1:20:27

Club: Altenfeld

Number: 231

Course: 20.30 km

Rank in course/Total: 45 (of 133)

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

Rank in course/Men: 45 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 10(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	6:54	23:00	21	1:59	59	2:43	0.30	6:54	23:00	35	0:51	110	
Rad	15.00	49:56	3:19	13	8:30	49	11:17	15.30	56:50	3:42	35		109	8:12
Lauf	5.00	23:37	4:43	11	5:09	41	5:09	20.30	1:20:27	3:57	10	15:09	45	15:09