



# 12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

## Detailed evaluation

**Werner, Ralf**

**Total time: 1:33:48**

Club: Stedtfelder Rennsteigfreunde

Number: 167

Course: 20.30 km

Rank in course/Total: 95 (of 133)

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

Rank in course/Men: 86 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 28(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	7:37	25:23	31	2:42	83	3:26	0.30	7:37	25:23	35	1:34	33	
Rad	15.00	58:25	3:53	28	16:59	87	19:46	15.30	1:06:02	4:18	35	4:02	109	17:24
Lauf	5.00	27:46	5:33	28	9:18	84	9:18	20.30	1:33:48	4:37	28	28:30	86	28:30