



# 12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

## Detailed evaluation

Schumacher, Lars

Total time: 1:34:50

Club: AC Apolda

Number: 168

Course: 20.30 km

Rank in course/Total: 100 (of 133)

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

Rank in course/Men: 90 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 26(of 30)

AK 30 männlich

Best time in the category: 1:05:21

### 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	9:45	32:30	30	5:19	107	5:34	0.30	9:45	32:30	31	2:57	110	2:00
Rad	15.00	57:31	3:50	26	18:52	85	18:52	15.30	1:07:16	4:23	30	18:45	109	18:38
Lauf	5.00	27:34	5:30	26	8:01	83	9:06	20.30	1:34:50	4:40	26	29:29	90	29:32