



12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

Detailed evaluation

Nowak, Paul

Total time: 1:26:19

Club: Oskars Läufer

Number: 214

Course: 20.30 km

Rank in course/Total: 71 (of 133)

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

Rank in course/Men: 69 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 7(of 10)

Jugend männlich bis 19 Jahre

Best time in the category: 1:06:03

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Total ranking				
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Schwimmen	0.30	7:23	24:36	8	2:58	77	3:12	0.30	7:23	24:36	11	2:58	110		
Rad	15.00	53:16	3:33	7	12:32	67	14:37	15.30	1:00:39	3:57	11	15:26	109	12:01	
Lauf	5.00	25:40	5:08	8	6:05	68	7:12	20.30	1:26:19	4:15	7	20:16	69	21:01	