



12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

Detailed evaluation

Kosmetschke, Ralf

Total time: 1:39:09

Club: Ichttershausen

Number: 152

Course: 20.30 km

Rank in course/Total: 112 (of 133)

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

Rank in course/Men: 96 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 14(of 17)

AK 20 männlich

Best time in the category: 1:08:22

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Total ranking				
						Pos Men	Behind Men				Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Schwimmen	0.30	6:41	22:16	6	2:30	53	2:30	0.30	6:41	22:16	18	1:23	110		
Rad	15.00	1:00:12	4:00	15	17:24	92	21:33	15.30	1:06:53	4:22	18	18:47	109	18:15	
Lauf	5.00	32:16	6:27	15	11:26	103	13:48	20.30	1:39:09	4:53	14	30:47	96	33:51	