



12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

Detailed evaluation

Knoll, Markus

Total time: 1:25:30

Club: KS Sportsworld

Number: 223

Course: 20.30 km

Rank in course/Total: 67 (of 133)

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

Rank in course/Men: 66 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 22(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.30	6:03	20:10	9	1:08	31	1:52	0.30	6:03	20:10	1	-	110	
Rad	15.00	55:57	3:43	23	14:31	77	17:18	15.30	1:02:00	4:03	1	-	109	13:22
Lauf	5.00	23:30	4:42	10	5:02	40	5:02	20.30	1:25:30	4:12	22	20:12	66	20:12