



12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

Detailed evaluation

Haase, Matthias

Total time: 1:38:00

Club: SV Lok Leipzig-Mitte

Number: 164

Course: 20.30 km

Rank in course/Total: 110 (of 133)

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

Rank in course/Men: 95 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 32(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	km	Time			min/km	Pos Men	Behind Men
Schwimmen	0.30	6:37	22:03	18	1:42	50	2:26	0.30	6:37	22:03	35	0:34	110	
Rad	15.00	1:02:32	4:10	31	21:06	95	23:53	15.30	1:09:09	4:31	35	7:09	109	20:31
Lauf	5.00	28:51	5:46	31	10:23	92	10:23	20.30	1:38:00	4:49	32	32:42	95	32:42