



# 12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

## Detailed evaluation

Schneider, Heiko

Total time: 1:25:19

Club: SG Gutsmuths Schnepfenthal

Number: 227

Course: 20.30 km

Rank in course/Total: 65 (of 133)

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

Rank in course/Men: 64 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 21(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Schwimmen	0.30	8:28	28:13	34	3:33	99	4:17	0.30	8:28	28:13	35	2:25	110	0:43
Rad	15.00	51:58	3:27	16	10:32	57	13:19	15.30	1:00:26	3:56	35		109	11:48
Lauf	5.00	24:53	4:58	16	6:25	57	6:25	20.30	1:25:19	4:12	21	20:01	64	20:01