



# 12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

## Detailed evaluation

Röthig, Thomas

Total time: 1:46:40

Club: Hammersbach

Number: 124

Course: 20.30 km

Rank in course/Total: 127 (of 133)

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

Rank in course/Men: 104 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 29(of 30)

AK 30 männlich

Best time in the category: 1:05:21

### Intermediate times

### Stage score

### Total ranking

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.30	8:57	29:49	28	4:31	104	4:46	0.30	8:57	29:49	31	2:09	110	1:12
Rad	15.00	1:07:01	4:28	29	28:22	105	28:22	15.30	1:15:58	4:57	30	27:27	109	27:20
Lauf	5.00	30:42	6:08	29	11:09	100	12:14	20.30	1:46:40	5:15	29	41:19	104	41:22