



12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

Detailed evaluation

Köhler, Christoph

Total time: 1:30:14

Club: Vhemare Ultras

Number: 212

Course: 20.30 km

Rank in course/Total: 83 (of 133)

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

Rank in course/Men: 78 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 12(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.30	7:38	25:26	12	3:27	84	3:27	0.30	7:38	25:26	18	2:20	110	
Rad	15.00	56:15	3:45	13	13:27	80	17:36	15.30	1:03:53	4:10	18	15:47	109	15:15
Lauf	5.00	26:21	5:16	10	5:31	73	7:53	20.30	1:30:14	4:26	12	21:52	78	24:56