



12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

Detailed evaluation

Zeh, Alexander

Total time: 1:27:48

Club: Wacker 03 Gotha

Number: 222

Course: 20.30 km

Rank in course/Total: 79 (of 133)

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

Rank in course/Men: 76 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 24(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	6:38	22:06	19	1:43	51	2:27	0.30	6:38	22:06	35	0:35	110	
Rad	15.00	56:22	3:45	25	14:56	81	17:43	15.30	1:03:00	4:07	35	1:00	109	14:22
Lauf	5.00	24:48	4:57	15	6:20	54	6:20	20.30	1:27:48	4:19	24	22:30	76	22:30