



# 12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

## Detailed evaluation

Ernst, Karl-Heinz

Total time: 1:30:24

Club: Goldbach

Number: 210

Enduro Long Women

Rank in course/Total: 85 (of 133)

Rank in course/Men: 80 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 1(of 2)

AK 60 männlich

Best time in the category: 1:30:24

### 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	8:29	28:16	2	0:43	100	4:18	0.30	8:29	28:16	1	-	110	0:44
Rad	15.00	52:54	3:31	1	-	64	14:15	15.30	1:01:23	4:00	1	-	109	12:45
Lauf	5.00	29:01	5:48	1	-	94	10:33	-	1:30:24	-	1	-	80	25:06