



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

Course: 20.30 km

Rank in course/Total: 85 (of 133)

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

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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	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	20.30	1:30:24	4:27	1	-	80	25:06