



12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

Detailed evaluation

Sachs, Frank

Total time: 1:42:33

Club: Dream Team Ilmenau

Number: 183

Course: 20.30 km

Rank in course/Total: 120 (of 133)

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

Rank in course/Men: 101 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 33(of 34)

AK 40 männlich

Best time in the category: 1:05:18

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Schwimmen	0.30	6:28	21:33	13	1:33	43	2:17	0.30	6:28	21:33	35	0:25	110	
Rad	15.00	1:10:24	4:41	34	28:58	108	31:45	15.30	1:16:52	5:01	35	14:52	109	28:14
Lauf	5.00	25:41	5:08	24	7:13	69	7:13	20.30	1:42:33	5:03	33	37:15	101	37:15