



12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

Detailed evaluation

Seidel, Gunnar

Total time: 1:34:37

Club: Skiklub Oker

Number: 239

Course: 20.30 km

Rank in course/Total: 99 (of 133)

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

Rank in course/Men: 89 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 12(of 15)

AK 50 männlich

Best time in the category: 1:15:23

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 | 6:25 | 21:23 | 6 | 0:56 | 41 | 2:14 | 0.30 | 6:25 | 21:23 | 16 | | | 110 |
| Rad | 15.00 | 58:52 | 3:55 | 12 | 11:44 | 89 | 20:13 | 15.30 | 1:05:17 | 4:16 | 16 | 3:59 | 109 | 16:39 |
| Lauf | 5.00 | 29:20 | 5:51 | 12 | 8:37 | 96 | 10:52 | 20.30 | 1:34:37 | 4:39 | 12 | 19:14 | 89 | 29:19 |