



# 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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	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