



12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

Detailed evaluation

Müller, Dirk

Total time: 1:47:08

Club: Lehrte

Number: 185

Course: 20.30 km

Rank in course/Total: 129 (of 133)

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

Rank in course/Men: 106 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 34(of 34)

AK 40 männlich

Best time in the category: 1:05:18

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	7:11	23:56	28	2:16	70	3:00	0.30	7:11	23:56	35	1:08	110		
Rad	15.00	1:09:29	4:37	33	28:03	107	30:50	15.30	1:16:40	5:00	35	14:40	109	28:02	
Lauf	5.00	30:28	6:05	32	12:00	98	12:00	20.30	1:47:08	5:16	34	41:50	106	41:50	