



12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

Detailed evaluation

Steuding, Bernd

Total time: 1:36:37

Club: Gü-We Läufer

Number: 194

Course: 20.30 km

Rank in course/Total: 104 (of 133)

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

Rank in course/Men: 91 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 30(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	7:38	25:26	32	2:43	84	3:27	0.30	7:38	25:26	35	1:35	110		
Rad	15.00	1:02:33	4:10	32	21:07	97	23:54	15.30	1:10:11	4:35	35	8:11	109	21:33	
Lauf	5.00	26:26	5:17	25	7:58	74	7:58	20.30	1:36:37	4:45	30	31:19	91	31:19	