



# 12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

## Detailed evaluation

Roland, Christopher

Total time: 1:41:21

Club: Herbsleben

Number: 235

Course: 20.30 km

Rank in course/Total: 117 (of 133)

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

Rank in course/Men: 99 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 16(of 17)

AK 20 männlich

Best time in the category: 1:08:22

### Intermediate times

### Stage score

### Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	7:40	25:33	13	3:29	86	3:29	0.30	7:40	25:33	18	2:22	110	
Rad	15.00	59:01	3:56	14	16:13	90	20:22	15.30	1:06:41	4:21	18	18:35	109	18:03
Lauf	5.00	34:40	6:55	16	13:50	105	16:12	20.30	1:41:21	4:59	16	32:59	99	36:03