



# 12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

## Detailed evaluation

Langenhan, Uwe

Total time: 1:44:32

Club: SC Eisenach

Number: 234

Course: 20.30 km

Rank in course/Total: 125 (of 133)

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

Rank in course/Men: 103 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 14(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 km	Total Time	Total min/km	Total ranking				
						Pos Men	Behind Men				Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Schwimmen	0.30	7:01	23:23	7	1:32	66	2:50	0.30	7:01	23:23	16			110	
Rad	15.00	1:02:32	4:10	13	15:24	95	23:53	15.30	1:09:33	4:32	16	8:15	109	20:55	
Lauf	5.00	34:59	6:59	15	14:16	106	16:31	20.30	1:44:32	5:08	14	29:09	103	39:14	