



12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

Detailed evaluation

Benner, Carsten

Total time: 3:03:24

Club: R+V Triathlon Team

Number: 302

Course: 38.60 km

Rank in course/Total: 54 (of 66)

XTERRA Thüringen (0,6/28,0/10,0 km)

Rank in course/Men: 49 (of 59)

Best time in course: 2:05:26

Category:

Rank in category: 6(of 9)

Senioren 1, TM 40

Best time in the category: 2:38:08

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	0.60	14:16	23:46	4	2:58	45	5:50	0.60	14:16	23:46	10			60	
Rad	28.00	1:54:50	4:06	6	24:13	50	38:36	28.60	2:09:06	4:30	8	17:55	57	10:20	
Lauf	10.00	54:18	5:25	6	3:58	46	17:10	38.60	3:03:24	4:45	6	25:16	49	57:58	