



12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

Detailed evaluation

Rudel, Jens

Total time: 3:38:48

Club: Team Sockenland/TV Sangerhausen

Number: 316

Course: 38.60 km

Rank in course/Total: 63 (of 66)

XTERRA Thüringen (0,6/28,0/10,0 km)

Rank in course/Men: 56 (of 59)

Best time in course: 2:05:26

Category:

Rank in category: 8(of 8)

Senioren 2, TM 45

Best time in the category: 2:19:57

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	13:03	21:45	7	2:25	34	4:37	0.60	13:03	21:45	9	2:13	60		
Rad	28.00	2:14:37	4:48	8	48:30	56	58:23	28.60	2:27:40	5:09	9	49:42	57	28:54	
Lauf	10.00	1:11:08	7:06	8	27:56	55	34:00	38.60	3:38:48	5:40	8	1:18:51	56	1:33:22	