



# 12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

## Detailed evaluation

Guckuk, Martin

Total time: 3:31:44

Club: Dekra Gotha

Number: 364

Course: 38.60 km

Rank in course/Total: 62 (of 66)

XTERRA Thüringen (0,6/28,0/10,0 km)

Rank in course/Men: 55 (of 59)

Best time in course: 2:05:26

Category:

Rank in category: 7(of 9)

Senioren 1, TM 40

Best time in the category: 2:38:08

### Intermediate times

### Stage score

### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Schwimmen	0.60	16:01	26:41	7	4:43	55	7:35	0.60	16:01	26:41	10		60	0:26
Rad	28.00	2:04:49	4:27	7	34:12	54	48:35	28.60	2:20:50	4:55	8	29:39	57	22:04
Lauf	10.00	1:10:54	7:05	7	20:34	54	33:46	38.60	3:31:44	5:29	7	53:36	55	1:26:18