



12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

Detailed evaluation

Karlowsky, Michael

Total time: 1:09:17

Club: Dresden

Number: 119

Course: 20.30 km

Rank in course/Total: 7 (of 133)

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

Rank in course/Men: 7 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 2(of 34)

AK 40 männlich

Best time in the category: 1:05:18

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	0.30	6:16	20:53	11	1:21	38	2:05	0.30	6:16	20:53	35	0:13	110		
Rad	15.00	42:22	2:49	2	0:56	7	3:43	15.30	48:38	3:10	35		1	-	
Lauf	5.00	20:39	4:07	4	2:11	10	2:11	20.30	1:09:17	3:24	2	3:59	7	3:59	