



12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

Detailed evaluation

Riccus, Ralf

Total time: 1:10:49

Club: LOK Görlitz

Number: 118

Course: 20.30 km

Rank in course/Total: 14 (of 133)

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

Rank in course/Men: 14 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 6(of 30)

AK 30 männlich

Best time in the category: 1:05:21

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men	
Schwimmen	0.30	6:03	20:10	9	1:37	31	1:52	0.30	6:03	20:10	31			110	
Rad	15.00	42:49	2:51	5	4:10	10	4:10	15.30	48:52	3:11	30	0:21	109	0:14	
Lauf	5.00	21:57	4:23	9	2:24	27	3:29	20.30	1:10:49	3:29	6	5:28	14	5:31	