



12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

Detailed evaluation

Koch, Dominik

Total time: 1:05:18

Club: TV Barchfeld

Number: 147

Course: 20.30 km

Rank in course/Total: 1 (of 133)

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

Rank in course/Men: 1 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 1(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	5:24	18:00	3	0:29	15	1:13	0.30	5:24	18:00	35	-	-	110	-
Rad	15.00	41:26	2:45	1	-	6	2:47	15.30	46:50	3:03	35	-	-	109	-
Lauf	5.00	18:28	3:41	1	-	1	-	20.30	1:05:18	3:13	1	-	-	1	-