



# 12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

## Detailed evaluation

Gentzel, Philipp

Total time: 1:08:22

Club: Erfurter LAC

Number: 144

Course: 20.30 km

Rank in course/Total: 5 (of 133)

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

Rank in course/Men: 5 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 1(of 17)

AK 20 männlich

Best time in the category: 1:08:22

### 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	4:11	13:56	1	-	1	-	0.30	4:11	13:56	18	-	110	-
Rad	15.00	43:21	2:53	2	0:33	12	4:42	15.30	47:32	3:06	18	-	109	-
Lauf	5.00	20:50	4:09	1	-	13	2:22	20.30	1:08:22	3:22	1	-	5	3:04