



12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

Detailed evaluation

Surtmann, Sam

Total time: 1:10:32

Club: SV Mannheim

Number: 146

Course: 20.30 km

Rank in course/Total: 13 (of 133)

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

Rank in course/Men: 13 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 5(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 ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Schwimmen	0.30	4:26	14:46	1	-	3	0:15	0.30	4:26	14:46	31				110
Rad	15.00	43:27	2:53	7	4:48	13	4:48	15.30	47:53	3:07	30				109
Lauf	5.00	22:39	4:31	12	3:06	31	4:11	20.30	1:10:32	3:28	5	5:11	13	5:14	