



12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

Detailed evaluation

Lüpke, Mirko

Total time: 1:15:44

Club: Exil- Erzgebirger

Number: 142

Course: 20.30 km

Rank in course/Total: 28 (of 133)

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

Rank in course/Men: 28 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 11(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	7:00	23:20	19	2:34	64	2:49	0.30	7:00	23:20	31	0:12	110		
Rad	15.00	46:40	3:06	11	8:01	26	8:01	15.30	53:40	3:30	30	5:09	109	5:02	
Lauf	5.00	22:04	4:24	11	2:31	29	3:36	20.30	1:15:44	3:43	11	10:23	28	10:26	