



# 12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

## Detailed evaluation

Hollander, Sven

Total time: 1:10:03

Club: Lauf mit bleib fit Ernstroda

Number: 170

Course: 20.30 km

Rank in course/Total: 12 (of 133)

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

Rank in course/Men: 12 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 3(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men	
Schwimmen	0.30	5:46	19:13	7	0:51	25	1:35	0.30	5:46	19:13	35			110	
Rad	15.00	43:58	2:55	3	2:32	15	5:19	15.30	49:44	3:15	35			109	1:06
Lauf	5.00	20:19	4:03	3	1:51	6	1:51	20.30	1:10:03	3:27	3	4:45	12	4:45	