



# 12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

## Detailed evaluation

**Adler, Stefan**

**Total time: 1:20:05**

Club: Eisenach

Number: 129

Course: 20.30 km

Rank in course/Total: 43 (of 133)

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

Rank in course/Men: 43 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 8(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	6:58	23:13	8	2:47	63	2:47	0.30	6:58	23:13	18	1:40	110		
Rad	15.00	48:35	3:14	7	5:47	37	9:56	15.30	55:33	3:37	18	7:27	109	6:55	
Lauf	5.00	24:32	4:54	9	3:42	51	6:04	20.30	1:20:05	3:56	8	11:43	43	14:47	