



# 12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

## Detailed evaluation

**Riese, Bernhard**

**Total time: 1:25:41**

Club: SV Handwerk Erfurt

Number: 116

Course: 20.30 km

Rank in course/Total: 70 (of 133)

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

Rank in course/Men: 68 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 24(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	7:19	24:23	20	2:53	73	3:08	0.30	7:19	24:23	31	0:31	110		
Rad	15.00	54:39	3:38	24	16:00	72	16:00	15.30	1:01:58	4:03	30	13:27	109	13:20	
Lauf	5.00	23:43	4:44	17	4:10	43	5:15	20.30	1:25:41	4:13	24	20:20	68	20:23	