



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 | | Total min/km | Pos Cat. | Behind Cat. | Total ranking | |
|-----------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------|---------|-----------------|-------------|----------------|---------------|---------------|
| | | | | | | Pos Men | Behind Men | km | Time | | | | 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 |