



12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

Detailed evaluation

Kornhas, Christoph

Total time: 1:05:42

Club: SV Emsetal

Number: 217

Course: 20.30 km

Rank in course/Total: 3 (of 133)

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

Rank in course/Men: 3 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 2(of 30)

AK 30 männlich

Best time in the category: 1:05:21

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Schwimmen	0.30	6:09	20:30	12	1:43	37	1:58	0.30	6:09	20:30	31			110
Rad	15.00	39:39	2:38	2	1:00	2	1:00	15.30	45:48	2:59	30			109
Lauf	5.00	19:54	3:58	2	0:21	5	1:26	20.30	1:05:42	3:14	2	0:21	3	0:24