



12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

Detailed evaluation

Fricke, Norman

Total time: 1:12:32

Club: AC Apolda

Number: 187

Course: 20.30 km

Rank in course/Total: 16 (of 133)

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

Rank in course/Men: 16 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 8(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 ranking				
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Schwimmen	0.30	5:50	19:26	7	1:24	27	1:39	0.30	5:50	19:26	31			110	
Rad	15.00	42:58	2:51	6	4:19	11	4:19	15.30	48:48	3:11	30	0:17	109	0:10	
Lauf	5.00	23:44	4:44	18	4:11	44	5:16	20.30	1:12:32	3:34	8	7:11	16	7:14	