



# 12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

## Detailed evaluation

**Rudolph, Maik**

**Total time: 1:21:37**

Club: LSG 80 Schmückeläufer

Number: 149

Course: 20.30 km

Rank in course/Total: 50 (of 133)

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

Rank in course/Men: 50 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 20(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	6:48	22:40	16	2:22	56	2:37	0.30	6:48	22:40	1	-	110	
Rad	15.00	49:59	3:19	19	11:20	51	11:20	15.30	56:47	3:42	30	8:16	109	8:09
Lauf	5.00	24:50	4:58	20	5:17	56	6:22	20.30	1:21:37	4:01	20	16:16	50	16:19