



# 12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

## Detailed evaluation

Rabe, Thomas

Total time: 1:23:25

Club: Saalfeld

Number: 141

Course: 20.30 km

Rank in course/Total: 60 (of 133)

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

Rank in course/Men: 59 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 18(of 34)

AK 40 männlich

Best time in the category: 1:05:18

### Intermediate times

### Stage score

### Total ranking

| Control   | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|-----------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
|           |             |               |                 |             |                |            |               |             |               |                 |             |                |            |               |
| Schwimmen | 0.30        | 5:33          | 18:30           | 5           | 0:38           | 18         | 1:22          | 0.30        | 5:33          | 18:30           | 35          |                |            | 110           |
| Rad       | 15.00       | 53:17         | 3:33            | 21          | 11:51          | 68         | 14:38         | 15.30       | 58:50         | 3:50            | 35          |                |            | 109 10:12     |
| Lauf      | 5.00        | 24:35         | 4:54            | 14          | 6:07           | 52         | 6:07          | 20.30       | 1:23:25       | 4:06            | 18          | 18:07          | 59         | 18:07         |