



12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

Detailed evaluation

Lehmann, Holger

Total time: 1:30:39

Club: Erfurt

Number: 105

Course: 20.30 km

Rank in course/Total: 87 (of 133)

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

Rank in course/Men: 81 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 25(of 34)

AK 40 männlich

Best time in the category: 1:05:18

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	7:58	26:33	33	3:03	93	3:47	0.30	7:58	26:33	35	1:55	110	0:13
Rad	15.00	56:12	3:44	24	14:46	79	17:33	15.30	1:04:10	4:11	35	2:10	109	15:32
Lauf	5.00	26:29	5:17	26	8:01	75	8:01	20.30	1:30:39	4:27	25	25:21	81	25:21