



12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

Detailed evaluation

Espig, Thomas

Total time: 1:08:51

Club: Racing Team Schröter

Number: 220

Course: 20.30 km

Rank in course/Total: 6 (of 133)

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

Rank in course/Men: 6 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 3(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Schwimmen	0.30	5:33	18:30	4	1:07	18	1:22	0.30	5:33	18:30	31		110	
Rad	15.00	41:15	2:45	3	2:36	5	2:36	15.30	46:48	3:03	30		109	
Lauf	5.00	22:03	4:24	10	2:30	28	3:35	20.30	1:08:51	3:23	3	3:30	6	3:33