



12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

Detailed evaluation

Bock, Marco

Total time: 1:22:35

Club: Team: Formtief

Number: 155

Course: 20.30 km

Rank in course/Total: 56 (of 133)

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

Rank in course/Men: 56 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 16(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 ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Schwimmen	0.30	7:09	23:50	26	2:14	68	2:58	0.30	7:09	23:50	35	1:06	110		
Rad	15.00	48:01	3:12	9	6:35	35	9:22	15.30	55:10	3:36	35		109	6:32	
Lauf	5.00	27:25	5:29	27	8:57	80	8:57	20.30	1:22:35	4:04	16	17:17	56	17:17	