



# 12. Cross Triathlon mit XTERRA - Einzel

Friedrichroda / Thüringen / 14.07.2013

## Detailed evaluation

Hezel, Wolfgang

Total time: 1:18:57

Club: LTV Erfurt e.V.

Number: 190

Course: 20.30 km

Rank in course/Total: 40 (of 133)

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

Rank in course/Men: 40 (of 109)

Best time in course: 1:05:18

Category:

Rank in category: 9(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	6:31	21:43	15	1:36	45	2:20	0.30	6:31	21:43	35	0:28	110	
Rad	15.00	49:34	3:18	12	8:08	46	10:55	15.30	56:05	3:39	35		109	7:27
Lauf	5.00	22:52	4:34	6	4:24	32	4:24	20.30	1:18:57	3:53	9	13:39	40	13:39