



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Hasenstein, Mario

Total time: 1:42:56

Club: Gotha
Number: 106

Course: 29.40 km
Einzel Cross (0.4 / 23.0 / 6.0)

Rank in course/Total: 37 (of 132)
Rank in course/Men: 35 (of 113)
Best time in course: 1:21:31

Category:
Triathlon Männer AK40

Rank in category: 12(of 38)
Best time in the category: 1:26:15

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.40	9:29	23:42	26	2:38	72	3:44	0.40	9:29	23:42	39		114	2:08
Rad	23.00	1:04:09	2:47	17	11:04:09	50	11:04:09	23.40	1:13:38	3:08	38		112	7:14
Lauf	6.00	29:18	4:53	9	4:03	18	4:26	29.40	1:42:56	3:30	12	16:41	35	21:25