



9. Cross Triathlon Friedrichroda
 99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Hasenstein, Rene´

Total time: 2:08:47

Club: Gotha
 Number: 108

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

Rank in course/Total: 115 (of 132)
 Rank in course/Men: 101 (of 113)
 Best time in course: 1:21:31

Category:
 Triathlon Männer AK20

Rank in category: 17(of 18)
 Best time in the category: 1:21:31

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	10:10	25:24	14	4:25	87	4:25	0.40	10:10	25:24	19	3:16	114	2:49
Rad	23.00	1:18:44	3:25	18	28:32	106	11:18:44	23.40	1:28:54	3:47	19	22:12	112	22:30
Lauf	6.00	39:53	6:38	17	14:43	95	15:01	29.40	2:08:47	4:22	17	47:16	101	47:16