



10. Cross Triathlon Friedrichroda  
Friedrichroda / Thüringen / 17.07.2011

Detailed evaluation

Hasenstein, Mario

Total time: 1:41:37

Club: Feuerwehr Gotha-Siebleben  
Number: 136

Course: 29.40 km  
Einzel Cross Triathlon (0.4/23/6 km)

Rank in course/Total: 48 (of 172)

Rank in course/Men: 45 (of 146)

Best time in course: 1:25:53

Category:  
AK 40 männlich

Rank in category: 13(of 45)

Best time in the category: 1:32:32

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	9:26	23:34	27	2:51	83	3:30	0.40	9:26	23:34	46	0:41	147	1:39
Rad	23.00	1:03:52	2:46	17	6:24	60	11:10	23.40	1:13:18	3:07	46		144	8:10
Lauf	6.00	28:19	4:43	5	1:39	21	4:36	29.40	1:41:37	3:27	13	9:05	45	15:44