



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

## Detailed evaluation

**Benner, Carsten**

**Total time: 3:25:04**

Club: Friedberg  
Number: 315

Course: 38.60 km  
XTERRA Thüringen (0,6/28,0/10,0 km)

Rank in course/Total: 69 (of 82)  
Rank in course/Men: 66 (of 78)  
Best time in course: 2:05:51

Category:  
Senioren 1, TM 40

Rank in category: 19(of 21)  
Best time in the category: 2:06:52

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	0.60	6:53	11:28	1	-	2	2:10	0.60	6:53	11:28	22			78
Schwimmen Total	0.60	6:53												
Rad	28.00	2:26:14	5:13	20	1:07:02	75	1:35:23	28.60	2:33:07	5:21	21	18:33	77	32:36
Rad Total	28.00	2:26:14												
Lauf	10.00	51:57	5:11	11	13:42	40	39:14	38.60	3:25:04	5:18	19	1:18:12	67	2:01:49
Lauf Total	38.00	3:25:04												