



# 11. Cross Triathlon Friedrichroda

Friedrichroda / Thüringen / 15.07.2012

## Detailed evaluation

**Hasenstein, Mario**

**Total time: 1:17:45**

Club: Feuerwehr Gotha-Siebleben  
Number: 178

Course: 21.30 km  
Einzel Cross Triathlon (0.3/16,0/5,0 km)

Rank in course/Total: 31 (of 122)  
Rank in course/Men: 30 (of 105)  
Best time in course: 1:03:47

Category:  
Senioren 1, TM 40

Rank in category: 9(of 37)  
Best time in the category: 1:09:52

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	0.30	7:27	24:50	24	2:38	67	2:46	0.30	7:27	24:50	38		106	2:31
Schwimmen Total	0.30	7:27												
Rad	16.00	48:27	3:01	9	7:52	33	9:54	16.30	55:54	3:25	38		104	11:40
Rad Total	16.00	48:27												
Lauf	5.00	21:51	4:22	4	1:21	9	3:06	21.30	1:17:45	3:39	9	7:53	30	13:58
Lauf Total	21.00	1:17:45												