



# 6. ITH Hennesee Triathlon

Meschede / 06.07.2013

## Detailed evaluation

**Deckert, Mike**

**Total time: 1:27:58**

Club: Pirate  
Number: 130

Course: 25.70 km  
Volksdistanz (0,70-20,00-5,00)

Rank in course/Total: 63 (of 116)

Rank in course/Men: 59 (of 92)

Best time in course: 1:03:19

Category:  
Senioren 2 (45-49 Jahre)

Rank in category: 15(of 23)

Best time in the category: 1:10:03

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	0.70	16:07	23:01	16	3:54	52	6:28	0.70	16:07	23:01	10	1:01	12	
Schwimmen Net	0.70	16:07	23:01	10	1:01	12		0.70	16:07	23:01	10	1:01	12	
Wechsel Schwim	0.05	1:26	28:39	2	0:01	5	0:14	0.75	17:33	23:24	10		12	
Schwimmen Total	0.75	17:33	23:24	10		12		0.75	17:33	23:24	10		12	
ZZ Rad	10.00	22:55	2:17	14	4:43	53	5:27	10.75	40:28	3:45	8	1:21	13	
Rad Ende	10.00	19:45	1:58	13	4:46	38	4:46	20.75	1:00:13	2:54	10	2:09	12	
Wechsel Rad-Lau	0.05	1:28	29:19	13	0:41	59	0:49	20.80	1:01:41	2:57	10	1:54	12	
Rad Total	20.05	44:08	2:12	16	8:17	58	9:31	20.80	1:01:41	2:57	10	1:54	12	
ZZ Lauf	2.50	12:53	5:09	18	3:32	66	4:02	23.30	1:14:34	3:12	10	2:36	13	
Lauf	2.50	13:24	5:21	18	3:37	68	4:02	25.70	1:27:58	3:25	15	17:55	59	24:39