



# 6. ITH Hennesee Triathlon

Meschede / 06.07.2013

## Detailed evaluation

Harren, Jan Bernd

Total time: 1:29:20

Club: Trifun Hennesee

Number: 230

Course: 25.70 km

Rank in course/Total: 67 (of 116)

Volksdistanz (0,70-20,00-5,00)

Rank in course/Men: 61 (of 92)

Best time in course: 1:03:19

Category:

Rank in category: 16(of 23)

Senioren 2 (45-49 Jahre)

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	15:29	22:07	14	3:16	41	5:50	0.70	15:29	22:07	9	0:23	11	
Schwimmen Net	0.70	15:29	22:07	9	0:23	11		0.70	15:29	22:07	9	0:23	11	
Wechsel Schwim	0.05	2:22	47:19	11	0:57	41	1:10	0.75	17:51	23:48	9		11	
Schwimmen Total	0.75	17:51	23:48	9		11		0.75	17:51	23:48	9		11	
ZZ Rad	10.00	fehlt!	-	-	-	-	-	10.75	-	-	-	-	-	-
Rad Ende	10.00	42:35	4:15	23	27:36	90	27:36	20.75	1:00:26	2:54	9	2:22	11	
Wechsel Rad-Lau	0.05	1:17	25:40	9	0:30	44	0:38	20.80	1:01:43	2:58	9	1:56	11	
Rad Total	20.05	43:52	2:11	14	8:01	53	9:15	20.80	1:01:43	2:58	9	1:56	11	
ZZ Lauf	2.50	13:35	5:26	20	4:14	77	4:44	23.30	1:15:18	3:13	9	3:20	1	-
Lauf	2.50	14:02	5:36	19	4:15	74	4:40	25.70	1:29:20	3:28	16	19:17	61	26:01