



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Nott, Hans-Dieter

Total time: 1:28:53

Club: OSC Hamm

Number: 118

Course: 25.70 km

Rank in course/Total: 64 (of 116)

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

Rank in course/Men: 60 (of 92)

Best time in course: 1:03:19

Category:

Rank in category: 1(of 2)

Senioren 5 (60-64 Jahre)

Best time in the category: 1:28:53

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	17:55	25:35	2	3:26	70	8:16	0.70	17:55	25:35	1	-	10	0:49
Schwimmen Net	0.70	17:55	25:35	1	-	10	0:49	0.70	17:55	25:35	1	-	10	0:49
Wechsel Schwim	0.05	2:35	51:39	1	-	53	1:23	0.75	20:30	27:19	1	-	10	0:47
Schwimmen Total	0.75	20:30	27:19	1	-	10	0:47	0.75	20:30	27:19	1	-	10	0:47
ZZ Rad	10.00	21:37	2:09	1	-	34	4:09	10.75	42:07	3:55	1	-	12	
Rad Ende	10.00	20:05	2:00	1	-	44	5:06	20.75	1:02:12	2:59	1	-	10	
Wechsel Rad-Lau	0.05	1:37	32:19	1	-	69	0:58	20.80	1:03:49	3:04	1	-	10	
Rad Total	20.05	43:19	2:09	1	-	51	8:42	20.80	1:03:49	3:04	1	-	10	
ZZ Lauf	2.50	12:13	4:53	1	-	48	3:22	23.30	1:16:02	3:15	1	-	11	0:44
Lauf	2.50	12:51	5:08	1	-	55	3:29	25.70	1:28:53	3:27	1	-	60	25:34