



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Sprenger, Josef

Club: Ice Breakers

Number: 129

Course: 25.70 km

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

Category:

Senioren 4 (55-59 Jahre)

Total time: 1:30:44

Rank in course/Total: 68 (of 116)

Rank in course/Men: 62 (of 92)

Best time in course: 1:03:19

Rank in category: 2(of 4)

Best time in the category: 1:27:25

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	18:52	26:57	4	3:08	73	9:13	0.70	18:52	26:57	2	1:29	7	1:46
Schwimmen Net	0.70	18:52	26:57	2	1:29	7	1:46	0.70	18:52	26:57	2	1:29	7	1:46
Wechsel Schwim	0.05	3:07	62:19	3	0:27	70	1:55	0.75	21:59	29:18	2	1:39	7	2:16
Schwimmen Tot	0.75	21:59	29:18	2	1:39	7	2:16	0.75	21:59	29:18	2	1:39	7	2:16
ZZ Rad	10.00	23:10	2:19	3	2:08	55	5:42	10.75	45:09	4:12	2	3:47	9	3:00
Rad Ende	10.00	21:00	2:06	3	1:42	55	6:01	20.75	1:06:09	3:11	2	5:29	7	3:25
Wechsel Rad-Lau	0.05	1:57	39:00	4	0:24	82	1:18	20.80	1:08:06	3:16	2	5:38	7	4:00
Rad Total	20.05	46:07	2:18	4	3:59	69	11:30	20.80	1:08:06	3:16	2	5:38	7	4:00
ZZ Lauf	2.50	11:14	4:29	1	-	28	2:23	23.30	1:19:20	3:24	2	4:01	8	4:02
Lauf	2.50	11:24	4:33	1	-	23	2:02	25.70	1:30:44	3:31	2	3:19	62	27:25