



# 6. ITH Hennesee Triathlon

Meschede / 06.07.2013

## Detailed evaluation

Hütenbrink, Kai

Club: SV Bergisch Gladbach

Number: 161

Course: 25.70 km

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

Category:

Senioren 3 (50-54 Jahre)

Total time: 1:37:32

Rank in course/Total: 87 (of 116)

Rank in course/Men: 75 (of 92)

Best time in course: 1:03:19

Rank in category: 10(of 10)

Best time in the category: 1:10:23

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	14:20	20:28	5	0:56	26	4:41	0.70	14:20	20:28	10	0:56	42	
Schwimmen Net	0.70	14:20	20:28	10	0:56	42		0.70	14:20	20:28	10	0:56	42	
Wechsel Schwim	0.05	2:33	50:59	8	0:51	51	1:21	0.75	16:53	22:30	10	1:47	42	
Schwimmen Total	0.75	16:53	22:30	10	1:47	42		0.75	16:53	22:30	10	1:47	42	
ZZ Rad	10.00	24:25	2:26	8	4:36	63	6:57	10.75	41:18	3:50	8	3:01	39	
Rad Ende	10.00	22:59	2:17	8	4:40	70	8:00	20.75	1:04:17	3:05	10	15:00	42	1:33
Wechsel Rad-Lau	0.05	2:08	42:39	10	1:17	89	1:29	20.80	1:06:25	3:11	10	15:57	42	2:19
Rad Total	20.05	49:32	2:28	10	14:10	81	14:55	20.80	1:06:25	3:11	10	15:57	42	2:19
ZZ Lauf	2.50	15:10	6:03	10	5:32	85	6:19	23.30	1:21:35	3:30	10	21:29	41	6:17
Lauf	2.50	15:57	6:22	10	5:40	85	6:35	25.70	1:37:32	3:47	10	27:09	75	34:13