



# 6. ITH Hennesee Triathlon

Meschede / 06.07.2013

## Detailed evaluation

**Skowasch, Henryk**

**Total time: 1:37:46**

Club: RWE Starlight Team Essen

Number: 113

Course: 25.70 km

Rank in course/Total: 88 (of 116)

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

Rank in course/Men: 76 (of 92)

Best time in course: 1:03:19

Category:

Rank in category: 18(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     | 16:23      | 23:24        | 17          | 4:10        | 56      | 6:44       | 0.70          | 16:23      | 23:24        | 7        | 1:17        | 41      |            |
| Schwimmen Net      | 0.70     | 16:23      | 23:24        | 7           | 1:17        | 41      |            | 0.70          | 16:23      | 23:24        | 7        | 1:17        | 41      |            |
| Wechsel Schwim     | 0.05     | 1:38       | 32:39        | 5           | 0:13        | 11      | 0:26       | 0.75          | 18:01      | 24:01        | 7        |             | 19      |            |
| Schwimmen Total    | 0.75     | 18:01      | 24:01        | 7           |             | 19      |            | 0.75          | 18:01      | 24:01        | 7        |             | 19      |            |
| ZZ Rad             | 10.00    | 25:48      | 2:34         | 18          | 7:36        | 73      | 8:20       | 10.75         | 43:49      | 4:04         | 7        | 4:42        | 38      | 1:40       |
| Rad Ende           | 10.00    | 22:04      | 2:12         | 15          | 7:05        | 62      | 7:05       | 20.75         | 1:05:53    | 3:10         | 7        | 7:49        | 41      | 3:09       |
| Wechsel Rad-Lau    | 0.05     | 1:29       | 29:40        | 14          | 0:42        | 60      | 0:50       | 20.80         | 1:07:22    | 3:14         | 7        | 7:35        | 41      | 3:16       |
| Rad Total          | 20.05    | 49:21      | 2:27         | 20          | 13:30       | 79      | 14:44      | 20.80         | 1:07:22    | 3:14         | 7        | 7:35        | 41      | 3:16       |
| ZZ Lauf            | 2.50     | 15:05      | 6:01         | 22          | 5:44        | 83      | 6:14       | 23.30         | 1:22:27    | 3:32         | 7        | 10:29       | 40      | 7:09       |
| Lauf               | 2.50     | 15:19      | 6:07         | 22          | 5:32        | 82      | 5:57       | 25.70         | 1:37:46    | 3:48         | 18       | 27:43       | 76      | 34:27      |