



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Essfeld, Sebastian

Total time: 1:38:42

Club: Arnsberg

Number: 102

Course: 25.70 km

Rank in course/Total: 90 (of 116)

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

Rank in course/Men: 78 (of 92)

Best time in course: 1:03:19

Category:

Rank in category: 8(of 8)

AK2 männlich (25-29 Jahre)

Best time in the category: 1:06:54

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	19:02	27:11	8	7:21	74	9:23	0.70	19:02	27:11	8	7:21	39	1:56
Schwimmen Net	0.70	19:02	27:11	8	7:21	39	1:56	0.70	19:02	27:11	8	7:21	39	1:56
Wechsel Schwim	0.05	2:20	46:39	3	0:57	40	1:08	0.75	21:22	28:29	8	8:18	39	1:39
Schwimmen Total	0.75	21:22	28:29	8	8:18	39	1:39	0.75	21:22	28:29	8	8:18	39	1:39
ZZ Rad	10.00	24:32	2:27	5	3:58	64	7:04	10.75	45:54	4:16	7	6:16	36	3:45
Rad Ende	10.00	22:14	2:13	5	3:03	64	7:15	20.75	1:08:08	3:17	8	19:56	39	5:24
Wechsel Rad-Lau	0.05	1:12	23:59	5	0:26	38	0:33	20.80	1:09:20	3:19	8	20:22	39	5:14
Rad Total	20.05	47:58	2:23	6	12:04	74	13:21	20.80	1:09:20	3:19	8	20:22	39	5:14
ZZ Lauf	2.50	13:59	5:35	7	3:06	80	5:08	23.30	1:23:19	3:34	7	12:28	38	8:01
Lauf	2.50	15:23	6:09	7	4:16	83	6:01	25.70	1:38:42	3:50	8	31:48	78	35:23