



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Hänel, Jan Moritz

Total time: 2:34:11

Club: SG Welper

Number: 380

Course: 55.40 km

Rank in course/Total: 10 (of 71)

Olympische Distanz (1,40-44,00-10,00)

Rank in course/Men: 10 (of 61)

Best time in course: 2:17:34

Category:

Rank in category: 1(of 2)

AK2 männlich (25-29 Jahre)

Best time in the category: 2:34:11

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	1.40	22:57	16:23	1	-	6	2:08	1.40	22:57	16:23	1	-	41	
Schwimmen Net	1.40	22:57	16:23	1	-	41		1.40	22:57	16:23	1	-	41	
Wechsel Schwim	0.05	2:11	43:39	1	-	13	0:46	1.45	25:08	17:19	1	-	41	
Schwimmen Tot	1.45	25:08	17:19	1	-	41		1.45	25:08	17:19	1	-	41	
ZZ Rad	11.00	19:54	1:48	1	-	15	2:10	12.45	45:02	3:37	1	-	38	
ZZ Rad	11.00	22:10	2:00	1	-	10	2:02	23.45	1:07:12	2:51	1	-	36	
ZZ Rad	11.00	21:59	1:59	1	-	8	1:49	34.45	1:29:11	2:35	1	-	30	
Rad Ende	11.00	18:38	1:41	1	-	15	2:13	45.45	1:47:49	2:22	1	-	41	
Wechsel Rad-Lau	0.05	1:10	23:19	1	-	4	0:11	45.50	1:48:59	2:23	1	-	41	
Rad Total	44.05	1:23:51	1:54	1	-	13	8:59	45.50	1:48:59	2:23	1	-	41	
ZZ Lauf	3.33	9:53	2:58	1	-	4	1:04	48.83	1:58:52	2:26	1	-	40	
ZZ Lauf	3.33	23:04	6:55	2	0:59	10	3:44	52.16	2:21:56	2:43	1	-	29	
Lauf	3.33	12:15	3:40	2	1:10	21	3:04	55.40	2:34:11	2:46	1	-	10	16:37