



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Knapp, Wolfgang

Total time: 1:39:39

Club: Meschede

Number: 215

Course: 25.70 km

Rank in course/Total: 93 (of 116)

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

Rank in course/Men: 80 (of 92)

Best time in course: 1:03:19

Category:

Rank in category: 20(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	21:35	30:49	22	9:22	89	11:56	0.70	21:35	30:49	5	6:29	37	4:29
Schwimmen Net	0.70	21:35	30:49	5	6:29	37	4:29	0.70	21:35	30:49	5	6:29	37	4:29
Wechsel Schwim	0.05	3:22	67:19	19	1:57	76	2:10	0.75	24:57	33:15	5	6:55	37	5:14
Schwimmen Total	0.75	24:57	33:15	5	6:55	37	5:14	0.75	24:57	33:15	5	6:55	37	5:14
ZZ Rad	10.00	25:26	2:32	16	7:14	69	7:58	10.75	50:23	4:41	5	11:16	34	8:14
Rad Ende	10.00	22:25	2:14	16	7:26	66	7:26	20.75	1:12:48	3:30	5	14:44	37	10:04
Wechsel Rad-Lau	0.05	1:14	24:40	8	0:27	41	0:35	20.80	1:14:02	3:33	5	14:15	37	9:56
Rad Total	20.05	49:05	2:26	19	13:14	78	14:28	20.80	1:14:02	3:33	5	14:15	37	9:56
ZZ Lauf	2.50	12:19	4:55	16	2:58	50	3:28	23.30	1:26:21	3:42	5	14:23	36	11:03
Lauf	2.50	13:18	5:19	17	3:31	65	3:56	25.70	1:39:39	3:52	20	29:36	80	36:20