



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Viehs, Ingo

Total time: 1:40:16

Club: Kerpen

Number: 187

Course: 25.70 km

Rank in course/Total: 94 (of 116)

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

Rank in course/Men: 81 (of 92)

Best time in course: 1:03:19

Category:

Rank in category: 13(of 16)

Senioren 1 (40-44 Jahre)

Best time in the category: 1:12:49

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	19:08	27:20	13	5:54	78	9:29	0.70	19:08	27:20	13	5:38	24	2:02
Schwimmen Net	0.70	19:08	27:20	13	5:38	24	2:02	0.70	19:08	27:20	13	5:38	24	2:02
Wechsel Schwim	0.05	3:52	77:19	16	2:24	83	2:40	0.75	23:00	30:40	13	7:45	24	3:17
Schwimmen Total	0.75	23:00	30:40	13	7:45	24	3:17	0.75	23:00	30:40	13	7:45	24	3:17
ZZ Rad	10.00	24:39	2:27	11	6:26	65	7:11	10.75	47:39	4:25	11	13:10	33	5:30
Rad Ende	10.00	22:41	2:16	11	5:31	68	7:42	20.75	1:10:20	3:23	13	19:06	24	7:36
Wechsel Rad-Lau	0.05	2:04	41:20	14	1:03	86	1:25	20.80	1:12:24	3:28	13	19:57	24	8:18
Rad Total	20.05	49:24	2:27	13	12:49	80	14:47	20.80	1:12:24	3:28	13	19:57	24	8:18
ZZ Lauf	2.50	12:56	5:10	13	2:56	69	4:05	23.30	1:25:20	3:39	13	22:53	35	10:02
Lauf	2.50	14:56	5:58	14	4:34	79	5:34	25.70	1:40:16	3:54	13	27:27	81	36:57