



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Lambertz, Jörg

Total time: 1:41:27

Club: ErgoSports

Number: 175

Course: 25.70 km

Rank in course/Total: 99 (of 116)

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

Rank in course/Men: 85 (of 92)

Best time in course: 1:03:19

Category:

Rank in category: 14(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 | 19:29 | 27:50 | 14 | 6:15 | 81 | 9:50 | 0.70 | 19:29 | 27:50 | 14 | 5:59 | 32 | 2:23 |
| Schwimmen Net | 0.70 | 19:29 | 27:50 | 14 | 5:59 | 32 | 2:23 | 0.70 | 19:29 | 27:50 | 14 | 5:59 | 32 | 2:23 |
| Wechsel Schwim | 0.05 | 3:27 | 69:00 | 14 | 1:59 | 77 | 2:15 | 0.75 | 22:56 | 30:34 | 14 | 7:41 | 32 | 3:13 |
| Schwimmen Tot | 0.75 | 22:56 | 30:34 | 14 | 7:41 | 32 | 3:13 | 0.75 | 22:56 | 30:34 | 14 | 7:41 | 32 | 3:13 |
| ZZ Rad | 10.00 | 26:44 | 2:40 | 13 | 8:31 | 75 | 9:16 | 10.75 | 49:40 | 4:37 | 12 | 15:11 | 29 | 7:31 |
| Rad Ende | 10.00 | 22:55 | 2:17 | 12 | 5:45 | 69 | 7:56 | 20.75 | 1:12:35 | 3:29 | 14 | 21:21 | 32 | 9:51 |
| Wechsel Rad-Lau | 0.05 | 2:10 | 43:19 | 15 | 1:09 | 90 | 1:31 | 20.80 | 1:14:45 | 3:35 | 14 | 22:18 | 32 | 10:39 |
| Rad Total | 20.05 | 51:49 | 2:35 | 15 | 15:14 | 85 | 17:12 | 20.80 | 1:14:45 | 3:35 | 14 | 22:18 | 32 | 10:39 |
| ZZ Lauf | 2.50 | 12:53 | 5:09 | 12 | 2:53 | 66 | 4:02 | 23.30 | 1:27:38 | 3:45 | 14 | 25:11 | 31 | 12:20 |
| Lauf | 2.50 | 13:49 | 5:31 | 13 | 3:27 | 72 | 4:27 | 25.70 | 1:41:27 | 3:56 | 14 | 28:38 | 85 | 38:08 |