



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Mertesdorf, Michael

Total time: 1:41:47

Club: TCEC Mainz

Number: 201

Course: 25.70 km

Rank in course/Total: 100 (of 116)

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

Rank in course/Men: 86 (of 92)

Best time in course: 1:03:19

Category:

Rank in category: 22(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	15:21	21:55	12	3:08	38	5:42	0.70	15:21	21:55	3	0:15	31	
Schwimmen Net	0.70	15:21	21:55	3	0:15	31		0.70	15:21	21:55	3	0:15	31	
Wechsel Schwim	0.05	3:17	65:39	18	1:52	75	2:05	0.75	18:38	24:50	3	0:36	31	
Schwimmen Total	0.75	18:38	24:50	3	0:36	31		0.75	18:38	24:50	3	0:36	31	
ZZ Rad	10.00	28:43	2:52	19	10:31	77	11:15	10.75	47:21	4:24	3	8:14	28	5:12
Rad Ende	10.00	25:17	2:31	20	10:18	79	10:18	20.75	1:12:38	3:30	3	14:34	31	9:54
Wechsel Rad-Lau	0.05	2:04	41:20	22	1:17	86	1:25	20.80	1:14:42	3:35	3	14:55	31	10:36
Rad Total	20.05	56:04	2:47	22	20:13	90	21:27	20.80	1:14:42	3:35	3	14:55	31	10:36
ZZ Lauf	2.50	12:57	5:10	19	3:36	70	4:06	23.30	1:27:39	3:45	3	15:41	30	12:21
Lauf	2.50	14:08	5:39	20	4:21	76	4:46	25.70	1:41:47	3:57	22	31:44	86	38:28