



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Kower, Oliver

Club: SV Bayer 08

Number: 346

Course: 55.40 km

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

Category:

AK3 männlich (30-34 Jahre)

Total time: 2:37:11

Rank in course/Total: 13 (of 71)

Rank in course/Men: 13 (of 61)

Best time in course: 2:17:34

Rank in category: 4(of 9)

Best time in the category: 2:30:27

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	24:59	17:50	3	0:56	12	4:10	1.40	24:59	17:50	4			46
Schwimmen Net	1.40	24:59	17:50	4			46	1.40	24:59	17:50	4			46
Wechsel Schwim	0.05	1:58	39:19	1	-	4	0:33	1.45	26:57	18:35	4			46
Schwimmen Tot	1.45	26:57	18:35	4			46	1.45	26:57	18:35	4			46
ZZ Rad	11.00	19:59	1:49	3	2:15	16	2:15	12.45	46:56	3:46	4			43
ZZ Rad	11.00	22:21	2:01	2	0:14	13	2:13	23.45	1:09:17	2:57	3			41
ZZ Rad	11.00	22:27	2:02	1	-	9	2:17	34.45	1:31:44	2:39	2			35
Rad Ende	11.00	18:42	1:42	3	0:25	17	2:17	45.45	1:50:26	2:25	4	2:55		46
Wechsel Rad-Lau	0.05	1:22	27:19	4	0:10	12	0:23	45.50	1:51:48	2:27	4	2:57		46
Rad Total	44.05	1:24:51	1:55	3	7:22	15	9:59	45.50	1:51:48	2:27	4	2:57		46
ZZ Lauf	3.33	10:28	3:08	4	0:46	9	1:39	48.83	2:02:16	2:30	4	3:43		44
ZZ Lauf	3.33	22:59	6:54	3	1:52	8	3:39	52.16	2:25:15	2:47	3	3:22		33
Lauf	3.33	11:56	3:35	3	1:29	16	2:45	55.40	2:37:11	2:50	4	6:44	13	19:37