



# 6. ITH Hennesee Triathlon

Meschede / 06.07.2013

## Detailed evaluation

Zicholl, Christian

Total time: 2:39:34

Club: Lauffreunde Bönen 1985 e.V.

Number: 325

Course: 55.40 km

Rank in course/Total: 15 (of 71)

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

Rank in course/Men: 15 (of 61)

Best time in course: 2:17:34

Category:

Rank in category: 4(of 13)

Senioren 1 (40-44 Jahre)

Best time in the category: 2:24:19

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	27:08	19:22	6	3:37	21	6:19	1.40	27:08	19:22	4	3:37	32	
Schwimmen Net	1.40	27:08	19:22	4	3:37	32		1.40	27:08	19:22	4	3:37	32	
Wechsel Schwim	0.05	2:26	48:39	6	1:01	19	1:01	1.45	29:34	20:23	4	4:11	32	
Schwimmen Tot	1.45	29:34	20:23	4	4:11	32		1.45	29:34	20:23	4	4:11	32	
ZZ Rad	11.00	fehlt!	-	-	-	-	-	12.45	-	-	-	-	-	-
ZZ Rad	11.00	fehlt!	-	-	-	-	-	23.45	-	-	-	-	-	-
ZZ Rad	11.00	fehlt!	-	-	-	-	-	34.45	-	-	-	-	-	-
Rad Ende	11.00	1:23:56	7:37	13	1:06:53	60	1:07:31	45.45	1:53:30	2:29	4	11:26	32	
Wechsel Rad-Lau	0.05	1:43	34:19	9	0:32	30	0:44	45.50	1:55:13	2:31	4	11:58	32	
Rad Total	44.05	1:25:39	1:56	4	9:06	17	10:47	45.50	1:55:13	2:31	4	11:58	32	
ZZ Lauf	3.33	10:10	3:03	2	0:41	8	1:21	48.83	2:05:23	2:34	4		45	
ZZ Lauf	3.33	fehlt!	-	-	-	-	-	52.16	-	-	-	-	-	-
Lauf	3.33	34:11	10:15	13	23:45	56	25:00	55.40	2:39:34	2:52	4	15:15	15	22:00