



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Stapelbroek, Dieter

Total time: 2:41:34

Club: DJK Coesfeld

Number: 305

Course: 55.40 km

Rank in course/Total: 17 (of 71)

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

Rank in course/Men: 17 (of 61)

Best time in course: 2:17:34

Category:

Rank in category: 2(of 13)

Senioren 2 (45-49 Jahre)

Best time in the category: 2:24:40

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	26:48	19:08	4	5:08	19	5:59	1.40	26:48	19:08	3	1:50	49	
Schwimmen Net	1.40	26:48	19:08	3	1:50	49		1.40	26:48	19:08	3	1:50	49	
Wechsel Schwim	0.05	2:29	49:39	4	0:24	25	1:04	1.45	29:17	20:11	3	2:14	49	
Schwimmen Tot	1.45	29:17	20:11	3	2:14	49		1.45	29:17	20:11	3	2:14	49	
ZZ Rad	11.00	20:52	1:53	3	0:34	25	3:08	12.45	50:09	4:01	3		30	
ZZ Rad	11.00	22:19	2:01	2	2:08	12	2:11	23.45	1:12:28	3:05	3		29	
ZZ Rad	11.00	23:04	2:05	2	0:13	16	2:54	34.45	1:35:32	2:46	2		25	
Rad Ende	11.00	18:49	1:42	2	2:24	19	2:24	45.45	1:54:21	2:30	3	13:46	49	
Wechsel Rad-Lau	0.05	1:26	28:39	3	0:06	15	0:27	45.50	1:55:47	2:32	3	13:52	49	
Rad Total	44.05	1:26:30	1:57	2	11:38	18	11:38	45.50	1:55:47	2:32	3	13:52	49	
ZZ Lauf	3.33	10:51	3:15	1	-	11	2:02	48.83	2:06:38	2:35	2		47	
ZZ Lauf	3.33	22:52	6:52	1	-	7	3:32	52.16	2:29:30	2:51	1	-	35	
Lauf	3.33	12:04	3:37	2	0:59	17	2:53	55.40	2:41:34	2:54	2	16:54	17	24:00