



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

stock, tim

Total time: 1:49:15

Club: hannover

Number: 195

Course: 25.70 km

Rank in course/Total: 110 (of 116)

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

Rank in course/Men: 90 (of 92)

Best time in course: 1:03:19

Category:

Rank in category: 8(of 8)

AK4 männlich (35-39 Jahre)

Best time in the category: 1:07:26

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.70	21:05	30:07	7	9:03	88	11:26	0.70	21:05	30:07	8	9:03	27	3:59
Schwimmen Net	0.70	21:05	30:07	8	9:03	27	3:59	0.70	21:05	30:07	8	9:03	27	3:59
Wechsel Schwim	0.05	4:20	86:39	8	2:43	91	3:08	0.75	25:25	33:53	8	11:40	27	5:42
Schwimmen Total	0.75	25:25	33:53	8	11:40	27	5:42	0.75	25:25	33:53	8	11:40	27	5:42
ZZ Rad	10.00	29:06	2:54	7	9:43	79	11:38	10.75	54:31	5:04	7	15:55	24	12:22
Rad Ende	10.00	26:21	2:38	7	8:38	80	11:22	20.75	1:20:52	3:53	8	32:46	27	18:08
Wechsel Rad-Lau	0.05	1:51	37:00	7	1:04	78	1:12	20.80	1:22:43	3:58	8	33:50	27	18:37
Rad Total	20.05	57:18	2:51	8	22:10	92	22:41	20.80	1:22:43	3:58	8	33:50	27	18:37
ZZ Lauf	2.50	12:59	5:11	7	4:08	72	4:08	23.30	1:35:42	4:06	7	28:08	26	20:24
Lauf	2.50	13:33	5:25	7	4:11	71	4:11	25.70	1:49:15	4:15	8	41:49	90	45:56