



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Kemper, Christoph

Club: Tri-Sport Menden

Number: 334

Course: 55.40 km

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

Category:

AK4 männlich (35-39 Jahre)

Total time: 2:45:31

Rank in course/Total: 20 (of 71)

Rank in course/Men: 20 (of 61)

Best time in course: 2:17:34

Rank in category: 4(of 8)

Best time in the category: 2:17:34

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	28:12	20:08	4	6:57	27	7:23	1.40	28:12	20:08	4	6:57	52	
Schwimmen Net	1.40	28:12	20:08	4	6:57	52		1.40	28:12	20:08	4	6:57	52	
Wechsel Schwim	0.05	3:17	65:39	7	1:41	48	1:52	1.45	31:29	21:42	4	8:38	52	
Schwimmen Tot	1.45	31:29	21:42	4	8:38	52		1.45	31:29	21:42	4	8:38	52	
ZZ Rad	11.00	19:40	1:47	5	1:14	12	1:56	12.45	51:09	4:06	4	9:52	48	
ZZ Rad	11.00	23:35	2:08	5	2:44	26	3:27	23.45	1:14:44	3:11	4	12:36	46	
ZZ Rad	11.00	22:55	2:05	4	1:40	14	2:45	34.45	1:37:39	2:50	4	14:16	40	
Rad Ende	11.00	18:19	1:39	4	0:43	10	1:54	45.45	1:55:58	2:33	4	14:59	52	
Wechsel Rad-Lau	0.05	2:05	41:39	7	1:02	49	1:06	45.50	1:58:03	2:35	4	16:01	52	
Rad Total	44.05	1:26:34	1:57	4	7:23	19	11:42	45.50	1:58:03	2:35	4	16:01	52	
ZZ Lauf	3.33	11:21	3:24	4	2:32	23	2:32	48.83	2:09:24	2:39	4	1:01	50	
ZZ Lauf	3.33	24:03	7:13	4	4:43	19	4:43	52.16	2:33:27	2:56	3	19:06	26	
Lauf	3.33	12:04	3:37	5	2:53	17	2:53	55.40	2:45:31	2:59	4	27:57	20	27:57