



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

maag, michael

Total time: 2:47:37

Club: Mettmann Sport Triandertaler

Number: 326

Course: 55.40 km

Rank in course/Total: 23 (of 71)

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

Rank in course/Men: 23 (of 61)

Best time in course: 2:17:34

Category:

Rank in category: 3(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 | 25:41 | 18:20 | 3 | 4:01 | 16 | 4:52 | 1.40 | 25:41 | 18:20 | 4 | 0:43 | 56 | |
| Schwimmen Net | 1.40 | 25:41 | 18:20 | 4 | 0:43 | 56 | | 1.40 | 25:41 | 18:20 | 4 | 0:43 | 56 | |
| Wechsel Schwim | 0.05 | 2:28 | 49:20 | 3 | 0:23 | 23 | 1:03 | 1.45 | 28:09 | 19:24 | 4 | 1:06 | 56 | |
| Schwimmen Tot | 1.45 | 28:09 | 19:24 | 4 | 1:06 | 56 | | 1.45 | 28:09 | 19:24 | 4 | 1:06 | 56 | |
| ZZ Rad | 11.00 | 45:35 | 4:08 | 13 | 25:17 | 57 | 27:51 | 12.45 | 1:13:44 | 5:55 | 4 | 9:45 | 52 | 14:33 |
| ZZ Rad | 11.00 | 24:07 | 2:11 | 7 | 3:56 | 31 | 3:59 | 23.45 | 1:37:51 | 4:10 | 4 | 13:41 | 50 | 17:24 |
| ZZ Rad | 11.00 | fehlt! | - | - | - | - | - | 34.45 | - | - | - | - | - | - |
| Rad Ende | 11.00 | 19:28 | 1:46 | 6 | 3:03 | 26 | 3:03 | 45.45 | 1:57:19 | 2:34 | 4 | 16:44 | 56 | |
| Wechsel Rad-Lau | 0.05 | 1:36 | 32:00 | 4 | 0:16 | 23 | 0:37 | 45.50 | 1:58:55 | 2:36 | 4 | 17:00 | 56 | |
| Rad Total | 44.05 | 1:30:46 | 2:03 | 6 | 15:54 | 31 | 15:54 | 45.50 | 1:58:55 | 2:36 | 4 | 17:00 | 56 | |
| ZZ Lauf | 3.33 | 11:33 | 3:28 | 4 | 0:42 | 26 | 2:44 | 48.83 | 2:10:28 | 2:40 | 3 | | 54 | |
| ZZ Lauf | 3.33 | 24:38 | 7:23 | 4 | 1:46 | 22 | 5:18 | 52.16 | 2:35:06 | 2:58 | 2 | 5:36 | 42 | |
| Lauf | 3.33 | 12:31 | 3:45 | 4 | 1:26 | 24 | 3:20 | 55.40 | 2:47:37 | 3:01 | 3 | 22:57 | 23 | 30:03 |