



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Henke, Michael

Total time: 2:51:01

Club: Tri-Cops Warstein

Number: 342

Course: 55.40 km

Rank in course/Total: 31 (of 71)

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

Rank in course/Men: 30 (of 61)

Best time in course: 2:17:34

Category:

Rank in category: 6(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	30:06	21:30	7	8:26	39	9:17	1.40	30:06	21:30	7	5:08	17	
Schwimmen Net	1.40	30:06	21:30	7	5:08	17		1.40	30:06	21:30	7	5:08	17	
Wechsel Schwim	0.05	2:27	49:00	2	0:22	20	1:02	1.45	32:33	22:26	7	5:30	17	
Schwimmen Total	1.45	32:33	22:26	7	5:30	17		1.45	32:33	22:26	7	5:30	17	
ZZ Rad	11.00	20:18	1:50	1	-	18	2:34	12.45	52:51	4:14	7		57	
ZZ Rad	11.00	23:04	2:05	4	2:53	19	2:56	23.45	1:15:55	3:14	7		55	
ZZ Rad	11.00	23:32	2:08	4	0:41	21	3:22	34.45	1:39:27	2:53	5		46	
Rad Ende	11.00	19:24	1:45	5	2:59	24	2:59	45.45	1:58:51	2:36	7	18:16	17	
Wechsel Rad-Lau	0.05	1:24	27:59	2	0:04	14	0:25	45.50	2:00:15	2:38	7	18:20	17	
Rad Total	44.05	1:27:42	1:59	4	12:50	26	12:50	45.50	2:00:15	2:38	7	18:20	17	
ZZ Lauf	3.33	11:40	3:30	5	0:49	28	2:51	48.83	2:11:55	2:42	6		60	
ZZ Lauf	3.33	25:00	7:30	5	2:08	24	5:40	52.16	2:36:55	3:00	5	7:25	47	
Lauf	3.33	14:06	4:14	10	3:01	45	4:55	55.40	2:51:01	3:05	6	26:21	30	33:27