



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Schmidt-Krayer, Jan

Total time: 2:51:19

Club: bikeattackoberberg

Number: 300

Course: 55.40 km

Rank in course/Total: 33 (of 71)

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

Rank in course/Men: 32 (of 61)

Best time in course: 2:17:34

Category:

Rank in category: 8(of 13)

Senioren 1 (40-44 Jahre)

Best time in the category: 2:24:19

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	29:13	20:52	10	5:42	34	8:24	1.40	29:13	20:52	8	5:42	2	
Schwimmen Net	1.40	29:13	20:52	8	5:42	2		1.40	29:13	20:52	8	5:42	2	
Wechsel Schwim	0.05	1:25	28:19	1	-	1	-	1.45	30:38	21:07	8	5:15	2	
Schwimmen Total	1.45	30:38	21:07	8	5:15	2		1.45	30:38	21:07	8	5:15	2	
ZZ Rad	11.00	22:12	2:01	6	4:06	37	4:28	12.45	52:50	4:14	6	9:21	58	
ZZ Rad	11.00	23:06	2:06	3	2:35	20	2:58	23.45	1:15:56	3:14	6	11:56	15	
ZZ Rad	11.00	23:33	2:08	5	2:32	22	3:23	34.45	1:39:29	2:53	5	14:28	47	
Rad Ende	11.00	19:01	1:43	5	1:58	21	2:36	45.45	1:58:30	2:36	8	16:26	2	
Wechsel Rad-Lau	0.05	1:42	34:00	8	0:31	29	0:43	45.50	2:00:12	2:38	8	16:57	2	
Rad Total	44.05	1:29:34	2:01	7	13:01	27	14:42	45.50	2:00:12	2:38	8	16:57	2	
ZZ Lauf	3.33	11:46	3:32	7	2:17	31	2:57	48.83	2:11:58	2:42	8		16	
ZZ Lauf	3.33	26:17	7:53	6	6:30	28	6:57	52.16	2:38:15	3:02	5	13:49	48	
Lauf	3.33	13:04	3:55	7	2:38	32	3:53	55.40	2:51:19	3:05	8	27:00	32	33:45