



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Wessels, Frank

Total time: 2:57:30

Club: 1. tco die bären

Number: 353

Course: 55.40 km

Rank in course/Total: 40 (of 71)

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

Rank in course/Men: 38 (of 61)

Best time in course: 2:17:34

Category:

Rank in category: 9(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	28:13	20:09	8	4:42	28	7:24	1.40	28:13	20:09	9	4:42	10	
Schwimmen Net	1.40	28:13	20:09	9	4:42	10		1.40	28:13	20:09	9	4:42	10	
Wechsel Schwim	0.05	2:53	57:39	9	1:28	36	1:28	1.45	31:06	21:26	9	5:43	10	
Schwimmen Tot	1.45	31:06	21:26	9	5:43	10		1.45	31:06	21:26	9	5:43	10	
ZZ Rad	11.00	44:54	4:04	10	26:48	55	27:10	12.45	1:16:00	6:06	7	32:31	8	16:49
ZZ Rad	11.00	30:52	2:48	11	10:21	54	10:44	23.45	1:46:52	4:33	7	42:52	9	26:25
ZZ Rad	11.00	fehlt!	-	-	-	-	-	34.45	-	-	-	-	-	-
Rad Ende	11.00	21:05	1:54	9	4:02	40	4:40	45.45	2:07:57	2:48	9	25:53	10	0:11
Wechsel Rad-Lau	0.05	1:45	35:00	10	0:34	34	0:46	45.50	2:09:42	2:51	9	26:27	10	0:15
Rad Total	44.05	1:38:36	2:14	12	22:03	48	23:44	45.50	2:09:42	2:51	9	26:27	10	0:15
ZZ Lauf	3.33	11:21	3:24	6	1:52	23	2:32	48.83	2:21:03	2:53	9	7:28	9	
ZZ Lauf	3.33	23:56	7:11	2	4:09	16	4:36	52.16	2:44:59	3:09	6	20:33	6	
Lauf	3.33	12:31	3:45	5	2:05	24	3:20	55.40	2:57:30	3:12	9	33:11	38	39:56