



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Möhlmann, Ralf

Club: LV TriStar Oelde

Number: 363

Course: 55.40 km

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

Category:

Senioren 1 (40-44 Jahre)

Total time: 2:58:57

Rank in course/Total: 43 (of 71)

Rank in course/Men: 41 (of 61)

Best time in course: 2:17:34

Rank in category: 10(of 13)

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	26:46	19:07	4	3:15	18	5:57	1.40	26:46	19:07	10	3:15	11	
Schwimmen Net	1.40	26:46	19:07	10	3:15	11		1.40	26:46	19:07	10	3:15	11	
Wechsel Schwim	0.05	2:43	54:20	8	1:18	31	1:18	1.45	29:29	20:20	10	4:06	11	
Schwimmen Total	1.45	29:29	20:20	10	4:06	11		1.45	29:29	20:20	10	4:06	11	
ZZ Rad	11.00	22:59	2:05	8	4:53	42	5:15	12.45	52:28	4:12	8	8:59	9	
ZZ Rad	11.00	24:35	2:14	7	4:04	36	4:27	23.45	1:17:03	3:17	8	13:03	10	
ZZ Rad	11.00	25:06	2:16	7	4:05	31	4:56	34.45	1:42:09	2:57	6	17:08	8	
Rad Ende	11.00	20:32	1:52	7	3:29	36	4:07	45.45	2:02:41	2:41	10	20:37	11	
Wechsel Rad-Lau	0.05	1:29	29:40	5	0:18	19	0:30	45.50	2:04:10	2:43	10	20:55	11	
Rad Total	44.05	1:34:41	2:08	10	18:08	43	19:49	45.50	2:04:10	2:43	10	20:55	11	
ZZ Lauf	3.33	13:03	3:55	10	3:34	44	4:14	48.83	2:17:13	2:48	10	3:38	10	
ZZ Lauf	3.33	28:05	8:26	9	8:18	41	8:45	52.16	2:45:18	3:10	7	20:52	7	
Lauf	3.33	13:39	4:05	9	3:13	39	4:28	55.40	2:58:57	3:13	10	34:38	41	41:23