



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Menzel, Wilfried

Total time: 2:58:47

Club: Tricops Warstein

Number: 360

Course: 55.40 km

Rank in course/Total: 42 (of 71)

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

Rank in course/Men: 40 (of 61)

Best time in course: 2:17:34

Category:

Rank in category: 3(of 4)

Senioren 4 (55-59 Jahre)

Best time in the category: 2:41:43

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	29:06	20:47	3	4:01	32	8:17	1.40	29:06	20:47	2	4:01	12	
Schwimmen Net	1.40	29:06	20:47	2	4:01	12		1.40	29:06	20:47	2	4:01	12	
Wechsel Schwim	0.05	2:45	55:00	2	0:31	33	1:20	1.45	31:51	21:57	2	4:32	12	
Schwimmen Total	1.45	31:51	21:57	2	4:32	12		1.45	31:51	21:57	2	4:32	12	
ZZ Rad	11.00	22:07	2:00	3	3:45	36	4:23	12.45	53:58	4:20	2	8:17	10	
ZZ Rad	11.00	fehlt!	-	-	-	-	-	23.45	-	-	-	-	-	-
ZZ Rad	11.00	fehlt!	-	-	-	-	-	34.45	-	-	-	-	-	-
Rad Ende	11.00	1:09:59	6:21	4	51:55	57	53:34	45.45	2:03:57	2:43	2	16:52	12	
Wechsel Rad-Lau	0.05	1:43	34:19	1	-	30	0:44	45.50	2:05:40	2:45	2	16:52	12	
Rad Total	44.05	1:33:49	2:07	3	12:20	42	18:57	45.50	2:05:40	2:45	2	16:52	12	
ZZ Lauf	3.33	12:53	3:52	2	1:12	42	4:04	48.83	2:18:33	2:50	2	18:04	11	
ZZ Lauf	3.33	fehlt!	-	-	-	-	-	52.16	-	-	-	-	-	-
Lauf	3.33	40:14	12:04	4	26:38	58	31:03	55.40	2:58:47	3:13	3	17:04	40	41:13