



# 6. ITH Hennesee Triathlon

Meschede / 06.07.2013

## Detailed evaluation

**Stratmann, Thomas**

**Total time: 3:05:43**

Club: Köln

Number: 339

Course: 55.40 km

Rank in course/Total: 52 (of 71)

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

Rank in course/Men: 48 (of 61)

Best time in course: 2:17:34

Category:

Rank in category: 8(of 9)

AK3 männlich (30-34 Jahre)

Best time in the category: 2:30:27

| 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     | 29:42      | 21:12        | 7        | 5:39        | 38      | 8:53       | 1.40     | 29:42         | 21:12        | 8        | 0:23        | 20      |            |
| Schwimmen Net      | 1.40     | 29:42      | 21:12        | 8        | 0:23        | 20      |            | 1.40     | 29:42         | 21:12        | 8        | 0:23        | 20      |            |
| Wechsel Schwim     | 0.05     | 3:18       | 65:59        | 8        | 1:20        | 49      | 1:53       | 1.45     | 33:00         | 22:45        | 8        | 1:38        | 20      |            |
| Schwimmen Total    | 1.45     | 33:00      | 22:45        | 8        | 1:38        | 20      |            | 1.45     | 33:00         | 22:45        | 8        | 1:38        | 20      |            |
| ZZ Rad             | 11.00    | 22:02      | 2:00         | 6        | 4:18        | 35      | 4:18       | 12.45    | 55:02         | 4:25         | 7        | 5:56        | 18      |            |
| ZZ Rad             | 11.00    | 25:33      | 2:19         | 6        | 3:26        | 42      | 5:25       | 23.45    | 1:20:35       | 3:26         | 6        |             | 18      | 0:08       |
| ZZ Rad             | 11.00    | 27:16      | 2:28         | 5        | 4:49        | 40      | 7:06       | 34.45    | 1:47:51       | 3:07         | 5        | 14:08       | 15      | 1:37       |
| Rad Ende           | 11.00    | 22:21      | 2:01         | 6        | 4:04        | 46      | 5:56       | 45.45    | 2:10:12       | 2:51         | 8        | 22:41       | 20      | 2:26       |
| Wechsel Rad-Lau    | 0.05     | 2:09       | 42:59        | 8        | 0:57        | 51      | 1:10       | 45.50    | 2:12:21       | 2:54         | 8        | 23:30       | 20      | 2:54       |
| Rad Total          | 44.05    | 1:39:21    | 2:15         | 8        | 21:52       | 50      | 24:29      | 45.50    | 2:12:21       | 2:54         | 8        | 23:30       | 20      | 2:54       |
| ZZ Lauf            | 3.33     | 12:12      | 3:39         | 7        | 2:30        | 34      | 3:23       | 48.83    | 2:24:33       | 2:57         | 8        | 26:00       | 19      | 3:06       |
| ZZ Lauf            | 3.33     | 26:33      | 7:58         | 5        | 5:26        | 31      | 7:13       | 52.16    | 2:51:06       | 3:16         | 6        | 29:13       | 15      | 1:29       |
| Lauf               | 3.33     | 14:37      | 4:23         | 6        | 4:10        | 48      | 5:26       | 55.40    | 3:05:43       | 3:21         | 8        | 35:16       | 48      | 48:09      |