



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Ost, Thomas

Total time: 3:08:45

Club: Bodenfelde

Number: 372

Course: 55.40 km

Rank in course/Total: 56 (of 71)

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

Rank in course/Men: 50 (of 61)

Best time in course: 2:17:34

Category:

Rank in category: 8(of 8)

AK4 männlich (35-39 Jahre)

Best time in the category: 2:17:34

| 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 | 31:44 | 22:40 | 7 | 10:29 | 48 | 10:55 | 1.40 | 31:44 | 22:40 | 8 | 10:29 | 21 | 0:41 |
| Schwimmen Net | 1.40 | 31:44 | 22:40 | 8 | 10:29 | 21 | 0:41 | 1.40 | 31:44 | 22:40 | 8 | 10:29 | 21 | 0:41 |
| Wechsel Schwim | 0.05 | 3:41 | 73:39 | 8 | 2:05 | 56 | 2:16 | 1.45 | 35:25 | 24:25 | 8 | 12:34 | 21 | 1:49 |
| Schwimmen Tot | 1.45 | 35:25 | 24:25 | 8 | 12:34 | 21 | 1:49 | 1.45 | 35:25 | 24:25 | 8 | 12:34 | 21 | 1:49 |
| ZZ Rad | 11.00 | 21:43 | 1:58 | 6 | 3:17 | 30 | 3:59 | 12.45 | 57:08 | 4:35 | 8 | 15:51 | 19 | |
| ZZ Rad | 11.00 | 24:30 | 2:13 | 7 | 3:39 | 35 | 4:22 | 23.45 | 1:21:38 | 3:28 | 8 | 19:30 | 19 | 1:11 |
| ZZ Rad | 11.00 | fehlt! | - | - | - | - | - | 34.45 | - | - | - | - | - | - |
| Rad Ende | 11.00 | 47:00 | 4:16 | 8 | 29:24 | 55 | 30:35 | 45.45 | 2:08:38 | 2:49 | 8 | 27:39 | 21 | 0:52 |
| Wechsel Rad-Lau | 0.05 | 2:01 | 40:19 | 6 | 0:58 | 43 | 1:02 | 45.50 | 2:10:39 | 2:52 | 8 | 28:37 | 21 | 1:12 |
| Rad Total | 44.05 | 1:35:14 | 2:09 | 7 | 16:03 | 44 | 20:22 | 45.50 | 2:10:39 | 2:52 | 8 | 28:37 | 21 | 1:12 |
| ZZ Lauf | 3.33 | 12:13 | 3:40 | 6 | 3:24 | 35 | 3:24 | 48.83 | 2:22:52 | 2:55 | 8 | 14:29 | 20 | 1:25 |
| ZZ Lauf | 3.33 | 29:40 | 8:54 | 7 | 10:20 | 45 | 10:20 | 52.16 | 2:52:32 | 3:18 | 7 | 38:11 | 16 | 2:55 |
| Lauf | 3.33 | 16:13 | 4:52 | 8 | 7:02 | 51 | 7:02 | 55.40 | 3:08:45 | 3:24 | 8 | 51:11 | 50 | 51:11 |