



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Donner, Franz-Thomas

Total time: 3:11:53

Club: LTV Lippstadt Triathlon

Number: 330

Course: 55.40 km

Rank in course/Total: 58 (of 71)

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

Rank in course/Men: 52 (of 61)

Best time in course: 2:17:34

Category:

Rank in category: 8(of 13)

Senioren 2 (45-49 Jahre)

Best time in the category: 2:24:40

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	39:02	27:52	12	17:22	59	18:13	1.40	39:02	27:52	10	14:04	24	7:59
Schwimmen Net	1.40	39:02	27:52	10	14:04	24	7:59	1.40	39:02	27:52	10	14:04	24	7:59
Wechsel Schwim	0.05	2:57	59:00	7	0:52	38	1:32	1.45	41:59	28:57	10	14:56	24	8:23
Schwimmen Tot	1.45	41:59	28:57	10	14:56	24	8:23	1.45	41:59	28:57	10	14:56	24	8:23
ZZ Rad	11.00	23:14	2:06	7	2:56	43	5:30	12.45	1:05:13	5:14	10	1:14	22	6:02
ZZ Rad	11.00	25:48	2:20	9	5:37	44	5:40	23.45	1:31:01	3:52	10	6:51	21	10:34
ZZ Rad	11.00	26:31	2:24	7	3:40	37	6:21	34.45	1:57:32	3:24	8	6:29	17	11:18
Rad Ende	11.00	21:45	1:58	8	5:20	42	5:20	45.45	2:19:17	3:03	10	38:42	24	11:31
Wechsel Rad-Lau	0.05	1:57	39:00	7	0:37	42	0:58	45.50	2:21:14	3:06	10	39:19	24	11:47
Rad Total	44.05	1:39:15	2:15	8	24:23	49	24:23	45.50	2:21:14	3:06	10	39:19	24	11:47
ZZ Lauf	3.33	12:17	3:41	6	1:26	36	3:28	48.83	2:33:31	3:08	9	19:56	23	12:04
ZZ Lauf	3.33	25:36	7:41	6	2:44	27	6:16	52.16	2:59:07	3:26	7	29:37	18	9:30
Lauf	3.33	12:46	3:50	5	1:41	29	3:35	55.40	3:11:53	3:27	8	47:13	52	54:19