



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Förster, Udo

Total time: 3:21:26

Club: Herne

Number: 347

Course: 55.40 km

Rank in course/Total: 61 (of 71)

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

Rank in course/Men: 55 (of 61)

Best time in course: 2:17:34

Category:

Rank in category: 10(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	33:35	23:59	11	11:55	52	12:46	1.40	33:35	23:59	13	8:37	28	2:32
Schwimmen Net	1.40	33:35	23:59	13	8:37	28	2:32	1.40	33:35	23:59	13	8:37	28	2:32
Wechsel Schwim	0.05	4:42	94:00	13	2:37	60	3:17	1.45	38:17	26:24	13	11:14	28	4:41
Schwimmen Tot	1.45	38:17	26:24	13	11:14	28	4:41	1.45	38:17	26:24	13	11:14	28	4:41
ZZ Rad	11.00	25:55	2:21	10	5:37	49	8:11	12.45	1:04:12	5:09	13	0:13	26	5:01
ZZ Rad	11.00	27:09	2:28	13	6:58	51	7:01	23.45	1:31:21	3:53	13	7:11	25	10:54
ZZ Rad	11.00	28:18	2:34	11	5:27	45	8:08	34.45	1:59:39	3:28	11	8:36	21	13:25
Rad Ende	11.00	22:29	2:02	11	6:04	48	6:04	45.45	2:22:08	3:07	13	41:33	28	14:22
Wechsel Rad-Lau	0.05	2:44	54:39	11	1:24	59	1:45	45.50	2:24:52	3:11	13	42:57	28	15:25
Rad Total	44.05	1:46:35	2:25	13	31:43	59	31:43	45.50	2:24:52	3:11	13	42:57	28	15:25
ZZ Lauf	3.33	13:42	4:06	9	2:51	47	4:53	48.83	2:38:34	3:14	12	24:59	27	17:07
ZZ Lauf	3.33	29:34	8:52	9	6:42	44	10:14	52.16	3:08:08	3:36	10	38:38	22	18:31
Lauf	3.33	13:18	3:59	7	2:13	35	4:07	55.40	3:21:26	3:38	10	56:46	55	1:03:52