



# 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    |