



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Roters, Heinrich

Total time: 3:32:58

Club: DJK TRI Rhede

Number: 302

Course: 55.40 km

Rank in course/Total: 67 (of 71)

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

Rank in course/Men: 58 (of 61)

Best time in course: 2:17:34

Category:

Rank in category: 4(of 4)

Senioren 4 (55-59 Jahre)

Best time in the category: 2:41:43

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	33:49	24:09	4	8:44	53	13:00	1.40	33:49	24:09	4	8:44	30	2:46
Schwimmen Net	1.40	33:49	24:09	4	8:44	30	2:46	1.40	33:49	24:09	4	8:44	30	2:46
Wechsel Schwim	0.05	3:36	72:00	4	1:22	54	2:11	1.45	37:25	25:48	4	10:06	30	3:49
Schwimmen Tot	1.45	37:25	25:48	4	10:06	30	3:49	1.45	37:25	25:48	4	10:06	30	3:49
ZZ Rad	11.00	26:30	2:24	4	8:08	51	8:46	12.45	1:03:55	5:08	4	18:14	28	4:44
ZZ Rad	11.00	29:28	2:40	3	7:58	53	9:20	23.45	1:33:23	3:58	3	26:12	27	12:56
ZZ Rad	11.00	29:20	2:39	3	7:30	46	9:10	34.45	2:02:43	3:33	3	33:42	23	16:29
Rad Ende	11.00	23:51	2:10	3	5:47	53	7:26	45.45	2:26:34	3:13	4	39:29	30	18:48
Wechsel Rad-Lau	0.05	1:52	37:19	3	0:09	39	0:53	45.50	2:28:26	3:15	4	39:38	30	18:59
Rad Total	44.05	1:51:01	2:31	4	29:32	61	36:09	45.50	2:28:26	3:15	4	39:38	30	18:59
ZZ Lauf	3.33	15:14	4:34	4	3:33	51	6:25	48.83	2:43:40	3:21	4	43:11	29	22:13
ZZ Lauf	3.33	33:05	9:56	3	6:00	47	13:45	52.16	3:16:45	3:46	3	49:11	24	27:08
Lauf	3.33	16:13	4:52	3	2:37	51	7:02	55.40	3:32:58	3:50	4	51:15	58	1:15:24