



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Martin, Frederik

Total time: 1:05:28

Club: ASV Köln Triathlon

Number: 378

Course: 25.70 km

Rank in course/Total: 2 (of 116)

Volksdistanz (0,70-20,00-5,00)

Rank in course/Men: 2 (of 92)

Best time in course: 1:03:19

Category:

Rank in category: 1(of 10)

AK3 männlich (30-34 Jahre)

Best time in the category: 1:05:28

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	0.70	10:45	15:21	1	-	3	1:06	0.70	10:45	15:21	1	-	69	
Schwimmen Net	0.70	10:45	15:21	1	-	69		0.70	10:45	15:21	1	-	69	
Wechsel Schwim	0.05	1:41	33:39	1	-	13	0:29	0.75	12:26	16:34	1	-	69	
Schwimmen Tot	0.75	12:26	16:34	1	-	69		0.75	12:26	16:34	1	-	69	
ZZ Rad	10.00	fehlt!	-	-	-	-	-	10.75	-	-	-	-	-	-
Rad Ende	10.00	33:52	3:23	9	16:01	81	18:53	20.75	46:18	2:13	1	-	69	
Wechsel Rad-Lau	0.05	1:03	21:00	5	0:09	21	0:24	20.80	47:21	2:16	1	-	69	
Rad Total	20.05	34:55	1:44	1	-	2	0:18	20.80	47:21	2:16	1	-	69	
ZZ Lauf	2.50	fehlt!	-	-	-	-	-	23.30	-	-	-	-	-	-
Lauf	2.50	18:07	7:14	10	6:49	91	8:45	25.70	1:05:28	2:32	1	-	2	2:09