



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Poloczek, Andre

Total time: 1:10:50

Club: Deutschland

Number: 223

Course: 25.70 km

Rank in course/Total: 7 (of 116)

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

Rank in course/Men: 7 (of 92)

Best time in course: 1:03:19

Category:

Rank in category: 1(of 2)

männliche Jugend A (16+17 Jahre)

Best time in the category: 1:10:50

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	9:49	14:01	1	-	2	0:10	0.70	9:49	14:01	1	-	64		
Schwimmen Net	0.70	9:49	14:01	1	-	64		0.70	9:49	14:01	1	-	64		
Wechsel Schwim	0.05	1:12	23:59	1	-	1	-	0.75	11:01	14:41	1	-	64		
Schwimmen Total	0.75	11:01	14:41	1	-	64		0.75	11:01	14:41	1	-	64		
ZZ Rad	10.00	19:50	1:58	1	-	18	2:22	10.75	30:51	2:52	1	-	59		
Rad Ende	10.00	18:29	1:50	1	-	19	3:30	20.75	49:20	2:22	1	-	64		
Wechsel Rad-Lau	0.05	0:48	16:00	1	-	6	0:09	20.80	50:08	2:24	1	-	64		
Rad Total	20.05	39:07	1:57	1	-	23	4:30	20.80	50:08	2:24	1	-	64		
ZZ Lauf	2.50	10:02	4:00	1	-	7	1:11	23.30	1:00:10	2:34	1	-	65		
Lauf	2.50	10:40	4:15	1	-	9	1:18	25.70	1:10:50	2:45	1	-	7	7:31	