



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

Detailed evaluation

Wester, Bernd

Total time: 1:11:01

Club: SV Bergisch Gladbach

Number: 173

Course: 25.70 km

Rank in course/Total: 8 (of 116)

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

Rank in course/Men: 8 (of 92)

Best time in course: 1:03:19

Category:

Rank in category: 2(of 23)

Senioren 2 (45-49 Jahre)

Best time in the category: 1:10:03

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	13:22	19:05	5	1:09	14	3:43	0.70	13:22	19:05	23		63	
Schwimmen Net	0.70	13:22	19:05	23		63		0.70	13:22	19:05	23		63	
Wechsel Schwim	0.05	1:25	28:19	1	-	4	0:13	0.75	14:47	19:42	23		63	
Schwimmen Tot	0.75	14:47	19:42	23		63		0.75	14:47	19:42	23		63	
ZZ Rad	10.00	18:41	1:52	2	0:29	5	1:13	10.75	33:28	3:06	20		58	
Rad Ende	10.00	17:33	1:45	3	2:34	8	2:34	20.75	51:01	2:27	23		63	
Wechsel Rad-Lau	0.05	0:52	17:19	3	0:05	9	0:13	20.80	51:53	2:29	23		63	
Rad Total	20.05	37:06	1:51	2	1:15	10	2:29	20.80	51:53	2:29	23		63	
ZZ Lauf	2.50	9:21	3:44	1	-	2	0:30	23.30	1:01:14	2:37	23		64	
Lauf	2.50	9:47	3:54	1	-	2	0:25	25.70	1:11:01	2:45	2	0:58	8	7:42